250 ways to prepare MEAT

CULINARY ARTS INSTITUTE
One of America's foremost organizations devoted to the science of Better Cookery

New ideas and old favorites... *plus* pages and pictures that show you exactly what to do to prepare the meat you buy for successful meals.

THE AMERICAN WOMAN'S *3-way* *Meat Stretcher* COOK BOOK

✶ *80 WAYS TO SHARE THE MEAT*

BEEF • COOKED MEATS • LAMB

PORK • VARIETY MEATS • VEAL • SAUSAGE

SOUPS & CHOWDERS • SALADS

BEANS & SOYBEANS • CHEESE & FISH

POULTRY & RABBIT • SAUCES & STUFFINGS

Published for

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Let's Manage the Meat Shortage

War always STRAINS THE PRODUCTION OF FOOD to the breaking point and no single item so seriously as meat in its various forms. Raising livestock is a science as well as a skill that takes time and patience to acquire, and the removal of men from the farms in addition to those bringing meat to market seriously reduces the supply.

Those who have any facilities will add to their own stores by RAISING SMALL ANIMALS, thus relieving pressure on the general meat supply. Most homemakers, however, will be entirely dependent upon the public sources of meat and need to give the best thought and effort to making the supply and the ration stamps yield their families an adequate measure of nutrition.

NO WOMAN CAN AFFORD TO BE COMPLACENT about her use of meat ration stamps. She needs to study her chart of values religiously, making a schedule of the low point values together with the meats they buy. Bearing in mind the family's likes and dislikes she should plan definitely to buy in accordance with the plan. That means, of course, she will not be seduced by the sight of nice juicy steak at 9 points nor by Canadian bacon at 11 points when confronted by them at the market. The variety meats included in these low point schedules are many times higher in vitamins and blood-building factors than most of the muscle meats, hence the purchase of health is much higher.

A vast amount of STUDY AND RESEARCH has been invested to determine the correct time and temperatures at which to cook meat by all the generally used processes: roasting, broiling, braising, frying, etc. One of the most important discoveries was that there was an appalling shrinkage of meat if the heat was too intense or the time too long in dry-air cooking. The homemaker who can afford the large roasts of beef, lamb, veal or pork owes it to herself to be sure that she follows directions for time and temperature to the last minute. A meat thermometer is a necessary piece of equipment and well worth the investment. Since this book is devoted to recipes that "stretch" meat, these tables will be found in "250 Ways to Prepare Meat", which is No. 8 or No. 108 in this series.

Not the least important is to have adequate PLANS FOR THE USE OF ALL LEFTOVERS, including gravies where have been found some of the vitamins and minerals extracted during cooking. These are planned for in the chapter called "Cooked Meats."

Within the family, there can be an understanding ABOUT THE APPORTIONMENT OF RED MEATS to the several members. Adults past middle age are often better served by transferring their taste for meat to the lighter forms of variety meats, to poultry and to fish or sea food. This will increase the amounts of red meat available to the man at physical labor, the growing child and the pregnant woman or nursing mother.

It is well to remember, however, that men at white collar jobs probably need less red meat than their wives engaged at housework. Above all it is important to remember that meat is protein . . . VITAL FOR THE GROWTH AND HEALTH of children and for the maintenance of health in adults. For that reason it is wise to cultivate all the forms in which it can be served. Learn to use all kinds with no feeling of deprivation. That means poultry, rabbit and other game, fish and sea food, gelatin and cheese as well as the vegetable proteins in all the whole-grain cereals, beans and nuts. It means too that when "stretchers" are used they should, if possible, contribute to this protein factor rather than being merely fillers.

The VITAL NECESSITY OF MEAT for everybody ought to keep all of us on the alert against Black Market operations. Bootlegging meat is a crime against every citizen, not just a slick way to secure more meat. The process of slaughtering in the Black Market is unsanitary and without Government inspection and the operator has no interest in anything but the gross cuts . . . all the valuable little glandular by-products are thrown away. That means some hospital patient or some child may be deprived of adrenalin, thyroid or some other irreplaceable glandular extract, just at the most crucial moment in his fight against disease. They need every morsel of these extracts the biological laboratories can produce. Let's fight to see that they get them.

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Modern illustrations are of the greatest value to those who take pride in learning new methods of preparing food. Even more than the printed word, pictures depict clearly and accurately modern procedure and the finished product. For the beautiful and instructive ones in this book we are deeply grateful to:

American Can Company, American Meat Institute, Armour and Company, California Lima Bean Growers Association, Campbell Soup Company, Virg Clarahan, Cranberry Canners, Inc., General Foods Corporation, H. J. Heinz Company, Idaho Potato Growers, National Association Service, National Dairy Council, National Live Stock and Meat Board, National Peanut Council, Poultry and Egg National Board, Winter Pear Bureau.

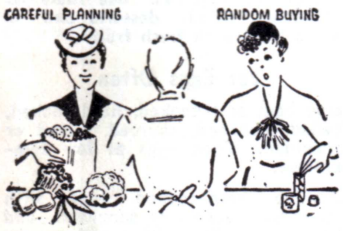
Ruth Berolzheimer

80 WAYS TO SHARE THE MEAT

Ways to Make Good Use of All the Meat You Get

Be open-minded about using different cuts and kinds of meat. Try new ones. Be prepared to change your purchases to what the market offers. Plan to use your ration coupons to the best advantage for your family's needs. If you buy a roast be sure to have definite plans to use the trimmings and leftovers.

Put uncooked meat into a refrigerator or other cold storage space at once. Cooked meat also needs to be kept in a cold place. Ground meat, cooked or uncooked, needs colder refrigeration than unground, and cannot be kept as long.



Cooking Meat

Cook meat at constant moderate heat. This reduces cooking losses; the meat shrinks less, is more juicy and has a better flavor.

Roast or broil tender cuts in an uncovered pan without water, at moderate heat. Cook less tender meats in a covered pan with water or vegetable juices at low heat for a long period. Or grind less tender cuts and cook as for tender meat.

Vary seasonings, especially when you use the same kind of meat often. Use a little onion, tomato or green pepper—a dash of herbs or spices to give a different taste.

Serve attractively. Serve stews, ragouts or réchauffés, in meat pies, as a filling for hot biscuits, or scallop with macaroni, spaghetti or vegetables in large or individual casseroles.

Save all bones, leftover meat, drippings, gravy and meat stock for use in soups and chowders.

How to Spread Meat Flavor

Spread the meat flavor by using cereals, breads, vegetables or sauces as meat stretchers.

With Sandwiches

Sandwiches—For the lunch box, use a variety of breads; add catchup, chili sauce, chopped pickle or salad dressings. Use plenty of fresh fruits and vegetables in season.

French-Toasted Sandwiches—Spread ground cooked meat between bread slices, dip in egg and milk mixture and brown in hot fat in a skillet.

Hot Open-Faced Sandwiches—Place slices of cold or hot meat on toast, bread or biscuits, top with gravy or savory sauce.

With Cereals

Loaves and Patties—Combine ground meat with cooked rice, bread crumbs, mashed potatoes, cooked corn meal, oatmeal, cracked or whole wheat, or ground vegetables for quick top-of-stove patties or oven-baked loaves.

With Fresh Vegetables

Scalloped Meat—Fill baking dish with alternate layers of chopped cooked meat, or meat stew and cooked noodles, hominy, macaroni, crackers or vegetables; cover with sauce, top with bread crumbs and bake.

Meat Baked with Vegetables and Fruit—Put layers of shredded cabbage or kale and sliced apples in a baking dish, top with cooked sausage cakes, cover and bake.

Baked Stuffed Vegetables—Peppers, eggplant, squash, artichokes, cabbage, potatoes, onions, tomatoes or cucumbers may be stuffed with rice and ground meat or leftover meat and corn.

Chop Suey—Combine browned diced cooked meat with cooked celery, onions, mushrooms and soy sauce; serve with steamed rice or fried noodles.

Salads — Combine chopped cooked meat with vegetables and salad dressing; serve with lettuce, watercress, cabbage or other greens.

With Dumplings

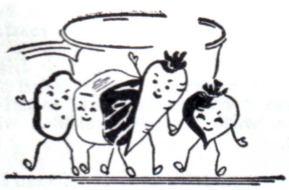
Stews—add sliced or diced vegetables to cubed meat cooked almost tender; top with dumplings.

With Gelatin

Jellied Salads—Cold diced meat with diced vegetables in gelatin make jellied salads. These are an attractive way to serve left-overs.

On Toast

Meat Broiled on Toast—Spread bread, toasted on one side, with uncooked ground beef or lamb; broil.



In Soups and Chowders

Soups and Chowders—Add vegetables with barley, macaroni, cracked wheat, whole wheat, spaghetti or noodles to soups and chowders made from meat trimmings and bones.

With Stuffings

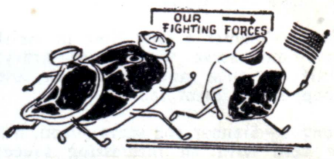
Stuffings—Stuff boned breast or shoulder roasts, spareribs sections, chops, heart, ground meat roll or rolled strips of steak with bread, cracker, corn meal, fruit or vegetable stuffing.

With Dried Vegetables

Meat and Dried Vegetables—Combine ground meat with dried beans, Limas, split peas, marrowfat peas or lentils simmered almost tender; cook slowly until mixture thickens.

In Meat Sauce

Meat Sauce—Brown ground meat with leftover gravy or soup stock, onions and pepper; add tomatoes and serve over cooked macaroni, spaghetti, noodles, rice or potatoes.



With Biscuits or Pastry

Biscuit Squares — Spread seasoned cooked meat on squares of baking powder biscuit dough, seal edges and bake.

Meat Pies—Cover stew with pastry, biscuit rounds, mashed potatoes or corn-meal mush.

Turnovers—Fold filling of chopped cooked meat in rounds of pastry dough, seal edges and bake.

With Croquettes

Croquettes—Combine ground cooked meat with cooked rice, mashed potatoes or white sauce; shape; sauté or bake.

With White Sauce

Timbales—Bake ground cooked meat, white sauce and eggs in custard cups.

Soufflés—Ground cooked meat, bread crumbs, white sauce, egg yolks and beaten egg whites in a baking dish make a delicious soufflé.

Creamed Meat — Serve chopped cooked meat with white sauce or gravy on toast, waffles, potatoes, rice or macaroni.

In Hash

Hash—Dice cooked potatoes with chopped meat, onion and gravy; sauté in cakes or cover skillet and turn like an omelet.

Peanuts—Peanut Butter

Mix chopped roasted peanuts with carrots or other chopped vegetables for loaves or croquettes.

Use peanuts with meat, tomatoes, sliced onion and other vegetables in scalloped dishes and in salads. Combine peanut butter with chopped crisp vegetables, chopped dried fruit, jelly, jam, honey, salad dressing, chopped pickles or hard-cooked eggs for sandwich fillings.

Blend peanut butter with puréed tomatoes for soup.

Thicken hot milk with peanut butter for sauce for scalloped or creamed rice, macaroni, potatoes and other vegetables. Add peanut butter to omelet.

If Variety Meats Are New to You

Variety meats such as liver, kidneys and brains are excellent sources of many vitamins and liver is important for blood building.

Liver—Scallop with potatoes, crackers, rice, macaroni or noodles; make into loaves, patties or dumplings; or mash for sandwich spreads. Be careful not to overcook.

Kidneys—Broil or scramble with eggs; or make into stews.

Heart—Simmer a long time in moist heat and serve with onion gravy; stuff or slice and braise; or use chopped for meat loaf.

Tongue—Simmer and serve sliced, hot or cold with an interesting sauce; scallop with vegetables; scramble with eggs; or mince for sandwich spreads.

Sweetbreads—Parboil, dip in egg and milk mixture and brown in fat; pour melted fat over parboiled sweetbreads and broil; serve creamed on toast, croustades, biscuits or muffins. Parboiled and combined with vegetables and nuts, sweetbreads make a delicious salad.

Brains—Serve breaded and fried; creamed on toast; in croquettes; or scrambled with eggs. They can double for sweetbreads in salads.

Tripe—Cook tripe until tender, dip in batter and sauté; brush with fat and broil; or serve creamed on toast. Use in pepper pot and chowders.

Spleen and Lungs—Simmer and use in stews or with heart in stews and loaves.

Poultry is America's Sunday Dinner

Chicken, turkey, duck and goose have long been favorites with everybody. Stuff and roast young well-fattened poultry in uncovered roasting pan in moderate oven. Pour clear fat into jars and use for meat cookery.

Stuff and braise older birds or lean young poultry in covered roasting pan.

Fricassee—Brown cut up poultry and either simmer in added liquid in covered utensil or bake in oven until tender. Make plenty of gravy. It is a favorite extender.

Oven Fry—Fry chicken until thoroughly browned; transfer to covered roasting pan and bake in moderate oven.

Salads—Combine diced cold chicken with celery, lettuce or other greens and mayonnaise. Fruits and vegetables may be added.

Stew or steam less tender poultry, to make tender. Cool in broth; or add dumplings or noodles to stew and cook tightly covered. Cream cooked poultry cut from bones; serve with rice or noodles, or on toast, waffles or biscuits.

Use chopped cooked chicken as the basis for loaves, croquettes, soufflés timbales, chop suey or hot sandwiches.

Serve sautéed chicken livers on toast; giblets in gravy with rice, potatoes or on toast; chopped giblets mixed with fat for sandwich fillings.

Fish and Shellfish are Valuable Alternatives

Learn to use all the varieties of fish available.
Bake, boil, poach, broil or sauté fresh fish at moderate heat.

Use boned cooked fish in cakes, scalloped dishes, loaves, croquettes, chowders or salads. Extend with chopped vegetables, rice, mashed potatoes, spaghetti or white sauce.

Soak or parboil salt or smoked fish and serve in same way as fresh fish. Serve oysters and clams in stews, chowders or scalloped; sauté minced clams in fritter batter. Dip oysters in egg and crumbs and sauté; scallop with cracker crumbs or rice; or heat and serve in white sauce on toast.

Serve shrimp in salad; French fried; poached in tomato sauce; broiled and dipped in cold sauce; baked in Creole sauce, with rice; or scrambled with eggs.

Crabs may be steamed and served hot or cold; scalloped; made into small flat cakes and fried; deviled in shell and baked; or served in salad.

Alternate Main Dishes to Spare Your Ration Points

Use cheese, eggs, poultry, dried legumes, peanuts and soybeans. Like meat, these foods make a good basis on which to build a meal.

They all contain protein, plus one or more of the other food values found in meat, and usually have additional food values.

Hard Cheese Is Rationed

Serve cheese with eggs in fondues and soufflés.

Melt American cheese in white sauce and pour over cooked macaroni, spaghetti or noodles; use this sauce over vegetables.

Combine grated American cheese with white sauce or egg for rarebit.

Soft Cheese Does Its Share

Serve cottage cheese as main dish, baked with noodles, on greens, as salad or in sandwich fillings.

Cream cheese, Neufchâtel, Camembert, Liederkranz, Brie and the Blue cheeses are delicious. Use them for sandwiches, salads, desserts and for cheese trays with fresh fruit.

Eat Eggs Often

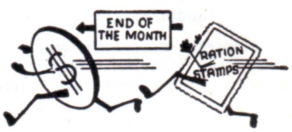
Serve eggs soft-cooked, hard-cooked, deviled, poached, sautéed, baked or scrambled. Cook eggs at low temperature.

Combine hard-cooked eggs with macaroni, crackers or spaghetti, and cheese sauce, top with bread crumbs and bake.

Combine chopped hard-cooked eggs with salad dressing for sandwiches; or use scrambled eggs, hot or cold, with tomato sauce.

Combine eggs with meat, vegetables or cheese for soufflés or timbales.

Poach eggs in milk, tomato sauce, meat or vegetable stocks.



Dried Beans and Peas

Simmer beans slowly in covered pan; or bake parboiled beans long and slowly with molasses, mustard, salt pork and onion. Save bean stock for soup.

Combine mashed cooked beans with milk, beaten eggs, bread crumbs and seasonings for loaves and croquettes.

Combine baked beans with onion, pickle, relish or tomato sauce and mayonnaise for sandwich fillings.

Soybeans

Cook dried soybeans and serve in the same way as other dried beans.

Press cooked dried soybeans through a coarse sieve or grind for pulp to make soup, croquettes, loaves, soufflés.

Combine cold soybean pulp with chopped onion and salad dressing, milk or tomato sauce for sandwich fillings.

Cook green soybeans, shelled or in the pod; serve hot as vegetable or cold in salads.

BEEF AND VEGETABLE PIE

¾ pound beef
¾ pound pork
¼ cup flour
3 tablespoons fat
2 cups water
12 small white onions
(or 1¼ cups chopped onions)
¾ cup sliced carrots
1 cup tomatoes
2 teaspoons salt
½ teaspoon pepper
2 cups slightly undercooked rice
¼ cup flour
¼ cup water
2 tablespoons Worcestershire sauce
1 recipe Meat Piecrust dough

Cut meat into 1- to 1½-inch cubes. Roll in flour and brown in hot fat in deep kettle. Add water, cover tightly and simmer 40 to 60 minutes or until meat is tender. Add onions, carrots, tomatoes, salt and pepper and cook until carrots are tender. Add water if necessary. Add rice. Combine flour, water and Worcestershire sauce and add to meat. Roll ⅔ of dough ⅛ inch thick. Line casserole with dough. Pour in meat and vegetable mixture. Cover with remaining dough rolled ⅛ inch thick. Cut a large hole in the dough. Bake in a 400°F. oven 40 to 50 minutes. For single crust omit bottom keeping remainder in refrigerator for later use. Serves 8.

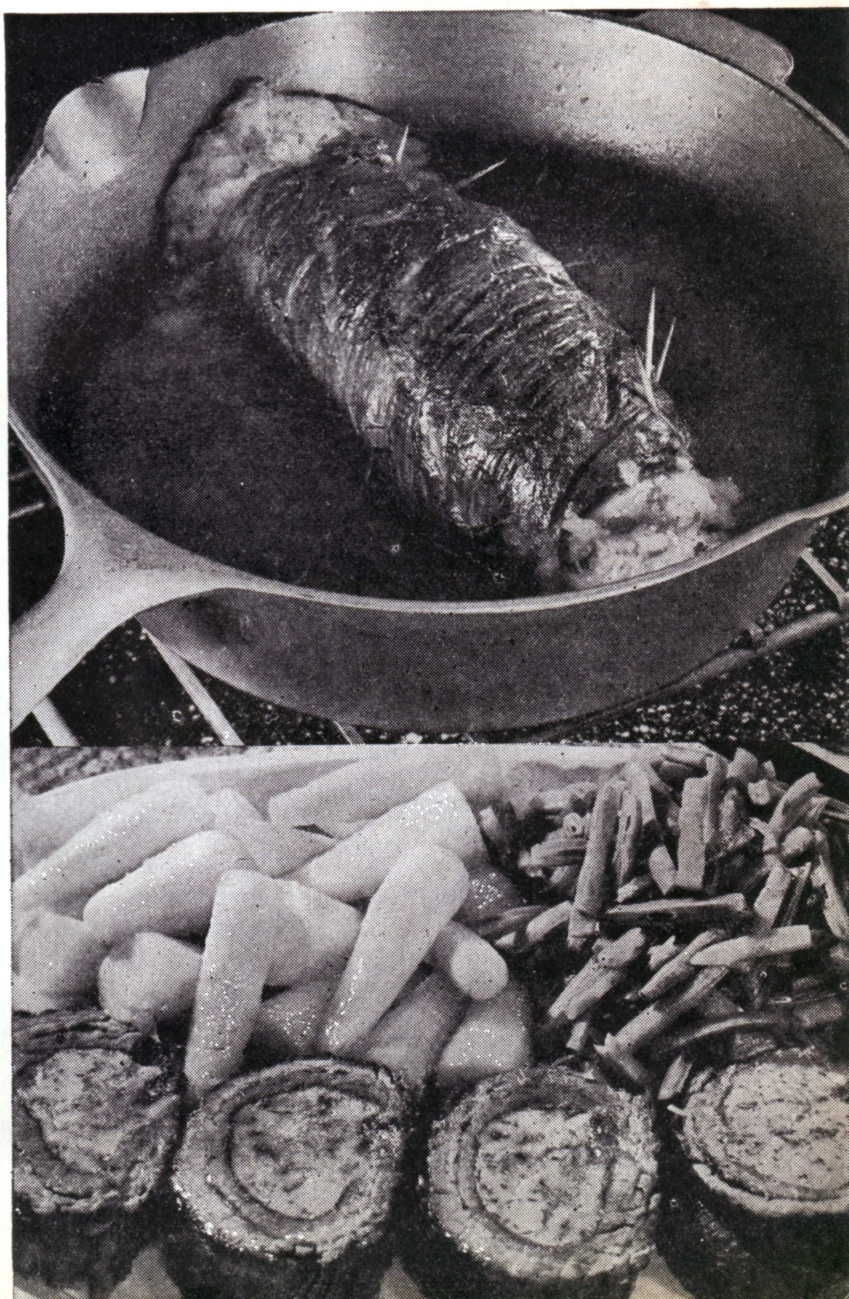
When shortening is low, an attractive meat pie is made by filling a casserole with stew and topping with cereal flakes.

EMERGENCY PIES—Prepare filling and line greased refrigerator trays with dough, add filling and cover. Freeze in refrigerator and bake in the refrigerator trays, without thawing.

BEEF ROLL

1 flank steak
1 egg, beaten
1 cup minced carrots
½ cup minced onion
¼ cup chopped celery
½ cup cooked tomatoes
1 teaspoon salt
1 cup soft bread crumbs
¼ cup flour, ½ teaspoon pepper
3 tablespoons fat
1½ cups hot water
1 cup mushrooms, if desired

Have flank steak deeply scored. Mix egg, vegetables, salt and crumbs together thoroughly. Spread vegetable stuffing on flank steak, roll and tie with string. Roll in flour and pepper; brown in hot fat in roasting pan. Add hot water and mushrooms, cover tightly and cook in moderate oven (325°F.) 1½ to 2 hours. Serves 6.



High-vitamin vegetable stuffing is the clever meat stretcher for savory beef roll

FRUITED MEAT ROLL

1½ pounds beef, ground
½ pound pork, ground
3 teaspoons salt
¼ teaspoon pepper
1 egg
½ cup seedless raisins
4 cups toasted bread cubes
⅓ cup minced onion
2 tablespoons minced parsley
¼ teaspoon sage
⅔ cup water or soup stock

Combine meat, 2 teaspoons salt, pepper and egg; mix thoroughly. Spread on waxed paper into a square ½ inch thick. Wash raisins, dry and combine with remaining ingredients. Spread evenly over meat, roll as for jelly roll, place in greased pan and brush with fat. Bake in moderate oven (350°F.) 1¾ hours. Serves 8.

You can serve 10 people from 1½ pounds of meat in this loaf enriched with walnut stuffing

MEAT LOAF WITH WALNUT STUFFING

1½ pounds beef, ground
½ cup chopped green pepper
¾ cup chopped onion
1 teaspoon salt
1 tablespoon Worcestershire sauce
1 cup white bread crumbs
½ cup milk
2 eggs, ¼ cup fat
2 cups whole-wheat bread crumbs
½ cup chopped celery
½ cup chopped walnuts
¼ teaspoon pepper
¾ cup water or meat stock

Combine beef, green pepper, ½ cup of onion, salt, Worcestershire sauce, white bread crumbs, milk and 1 egg; mix thoroughly. Place ½ mixture in bottom of greased loaf pan. Combine all remaining ingredients, mix thoroughly and place on top of meat mixture. Arrange remaining meat mixture on top of stuffing. Bake at 350°F., 1½ hours. Cool a few minutes before removing pan. Serves 10.

Meat loaf baked in a ring, filled with cauliflower and garnished with spiced pears offers piquant contrast of flavor and texture →

MEAT LOAF RING

2 pounds beef, ground
1 pound pork, ground
¼ cup minced onion
1 teaspoon prepared mustard
2 eggs, beaten
1 cup cracker crumbs
1 teaspoon salt
⅛ teaspoon pepper
¾ cup milk
1 head cauliflower, cooked
Spiced cooked pear halves
Whole cloves

Combine first 9 ingredients and mix well. Press into greased ring mold. Bake in moderate oven (350°F.) 1½ hours. Unmold and fill center with cauliflower. Arrange pears around meat and stud with cloves. Serves 12.

Instead of cauliflower use cooked carrots and peas.

BEEF PATTIES

1 pound beef chuck, ground
1 cup mashed potatoes
2 tablespoons minced onion
½ teaspoon salt
⅛ teaspoon pepper
2 tablespoons fat

Combine beef, potatoes, onion, salt and pepper. Form into patties. Brown patties slowly in hot fat in shallow skillet. Serves 6.

Bake mixture in muffin pans.
Bake mixture in ring mold.
Shape into individual loaves.
Shape into balls; broil or bake.
Wrap each ball in bacon strip.

Arrange meat balls around hot spaghetti and mushrooms.

Streamlined design in this variety of patterns for beef patties extended with or without mashed potatoes

ITALIAN SPAGHETTI AND MEAT BALLS

1 pound beef
½ pound pork shoulder
2½ cups cracker crumbs
½ cup minced onions
⅓ cup chopped celery tops
2 tablespoons minced green pepper
1 teaspoon salt
1 egg
¼ cup milk
2 tablespoons olive oil
1 recipe Spaghetti Sauce
1 pound spaghetti, cooked
½ cup grated cheese

Grind meat together twice. Combine with next 7 ingredients. Shape into balls. Sauté in olive oil, or other fat in skillet, until browned. Remove from oil; add sauce and simmer 30 minutes. Serve with hot spaghetti and cheese. Serves 6 to 8.

SWEDISH MEAT BALLS

2 cups bread crumbs
2 cups milk
¼ pound pork shoulder, ground
1¾ pounds beef, ground
2 eggs
1 small onion, minced
1 teaspoon salt
¼ teaspoon pepper
¼ teaspoon nutmeg
2 tablespoons fat

Soak crumbs in milk, add next 7 ingredients and mix well. Shape into tiny balls, roll in flour, brown in fat in skillet; cover. Simmer 30 minutes. Serves 8.

DRIED-BEEF CURRY ON RICE

4 ounces dried beef
¼ cup fat, ¼ cup flour
2½ cups milk
¼ teaspoon curry powder
2 cups hot cooked rice

Shred dried beef and brown lightly in fat in skillet. Add flour, stir in milk and cook until thickened. Add curry powder; blend well. Serve over rice. Serves 5.

CORNED BEEF AU GRATIN

1 tablespoon minced onion
3 tablespoons fat
1 cup chopped cooked corned beef
1 cup chopped cooked potatoes
1¼ cups evaporated milk
1 teaspoon salt
¼ teaspoon pepper
3 tablespoons flour
½ cup stock drained from corn
2 cups cooked whole-kernel corn
6 tablespoons grated cheese

Cook onion in half the fat, in skillet, for 3 minutes. Mix with corned beef, potatoes, ½ cup milk and half the salt and pepper. Press into greased baking dish to form a nest. Melt remaining fat; blend in flour and remaining salt and pepper. Add corn stock and remaining milk. Cook until thickened, stirring constantly. Add corn and pour into hash-lined dish. Sprinkle cheese over corn mixture. Bake in moderate oven (350°F.) 30 minutes. Serves 6. Use peas instead of corn.

MEAT ROLL

1 recipe Biscuit dough
2 cups minced cooked meat
1 green pepper, minced
1 tablespoon grated onion
1 teaspoon salt
½ teaspoon paprika
1 tablespoon fat

Roll biscuit dough ¼ inch thick. The dough should be approximately 6 x 12 inches. Combine next 5 ingredients and spread on dough, dot with fat and roll up like a jelly roll. Pinch edges together. Place in a greased pan and bake in moderate oven (350°F.) about 1 hour or until crisp and browned. Serve with cream sauce. Serves 4.

Baste with chicken stock during baking. Start basting after the roll has been in the oven 10 minutes. Use 1 cup stock. Serve with chicken gravy.

Serve with tomato mushroom sauce instead of cream sauce or chicken gravy, if desired.

FRICADELLONS

1 large onion, chopped
2 tablespoons fat
1 cup dry bread softened in water
2 cups cooked ground meat
1 egg
2 tablespoons chopped parsley
⅛ teaspoon allspice
¼ teaspoon salt
Dash pepper

Brown onion lightly in 1 tablespoon fat in skillet. Press water from bread; add onion, meat, egg and seasonings. Mix well. Shape into flat cakes and sauté until crisp in remaining fat. Serves 4. If desired arrange cooked noodles in a ring, fill center with cooked vegetables and border with the fricadellons.

Combine all ingredients, add 2 additional eggs and pack into a greased ring mold. Bake at 325°F. 1 hour or until firm.

Fricadellons utilize those oddments of cooked meat in such a way the family will wish there were more

LAMB OAT CAKES

2 cups ground cooked lamb
2 cups cooked oatmeal
2 eggs, beaten
½ teaspoon salt
Dash pepper
2 tablespoons fat

Combine lamb, oatmeal, eggs and seasonings; mix thoroughly. Shape into cakes and sauté in hot fat in skillet. Serve with tomato sauce. Serves 6.

MEAT SOUFFLÉS

3 eggs, separated
2 tablespoons bacon fat, melted
1 cup milk
½ teaspoon salt
1½ cups minced cooked meat
1 tablespoon minced onion

Beat egg yolks well, add bacon fat, milk, salt, meat and onion. Beat thoroughly. Fold in stiffly beaten egg whites. Pour into greased custard cups, place in pan of hot water and bake in moderate oven (350°F.) until firm, 25 to 30 minutes. Serves 6. Bake in ring mold, if desired.

Cooked meats combine with eggs in a tempting light-as-air soufflé for dinner

MEAT-FILLED BISCUIT RING

1 recipe Baking Powder Biscuit dough
3 tablespoons melted fat
1 cup ground cooked meat
1 egg, beaten
½ teaspoon salt
Dash pepper

Roll dough ¼ inch thick and brush with fat. Combine meat, egg and seasoning; spread over dough; roll as for jelly roll and cut crosswise into 1-inch slices. Place cut side down in greased ring mold and bake in moderately hot oven (400°F) 20 minutes. Turn out and fill center with creamed vegetables. Serves 6.

SCRAMBLED EGGS HUNTERS' STYLE

2 cups chopped cooked meat
½ cup chopped onions
2 tablespoons fat
6 eggs, slightly beaten

Cook meat and onions in hot fat in skillet until onions begin to brown. Add eggs. Cook slowly, stirring constantly, until eggs are set. Do not cook eggs until too firm. Serve immediately. Serves 6.

CEREAL MEAT PIE

½ cup chopped onion
2 tablespoons fat
2 cups cooked tomatoes
2 cups chopped cooked meat
½ teaspoon salt, if needed
4 cups cooked cereal (corn-meal or whole-wheat)

Brown onion in fat in skillet. Heat tomatoes to boiling; add onion, meat and salt. Place half of cereal in greased pan, add meat mixture and cover with remaining cereal. Bake in moderate oven (350°F.) 30 minutes. Serves 8.

SOUTHERN HASH

2 tablespoons flour
1 cup water
2 cups diced cooked lamb
¼ cup chopped onions
2 cups diced cooked potatoes
1 teaspoon salt
½ teaspoon pepper
½ cup cooked tomatoes
½ pod hot red pepper, if desired

Make smooth paste of flour and water. Combine with remaining ingredients and mix thoroughly. Place in greased casserole and bake in moderate oven (350°F.) 1 hour. Add water if gravy cooks down too much. Serves 4 to 6.

MEAT AND RICE AU GRATIN

2 cups diced cooked meat
Milk or soup stock
2 cups cooked rice
2 tablespoons fat
½ cup grated cheese
1 teaspoon salt
⅛ teaspoon pepper

Moisten meat with a little milk. Place a layer of rice in greased baking dish. Dot with fat; sprinkle with grated cheese, salt and pepper. Add layer of chopped meat. Repeat. Bake in moderate oven (350°F.) 15 to 20 minutes. Serves 6.

Use tomato juice instead of milk or soup stock.

LIMA BEANS WITH CORNED BEEF

1 cup dried Lima beans
2 cups shredded cooked corned beef
1 medium onion, sliced
2 tablespoons fat, melted
2 tablespoons flour
⅛ teaspoon pepper
½ teaspoon dry mustard
½ teaspoon salt
1 cup milk
¼ cup catchup

Wash beans and soak overnight. Simmer 2 hours; drain. Arrange beans, corned beef and onion slices in alternate layers in greased casserole. Melt fat, add flour, seasonings and milk. Stir until smooth. Cook until thickened. Add catchup, stirring constantly. Pour sauce over beans. Bake in moderate oven (350°F.) 30 minutes. Serves 6.

MEAT DUMPLINGS

1 recipe Baking Powder Biscuit dough
½ pound ground cooked meat
2 tablespoons minced onion
¼ teaspoon salt
Dash pepper
¾ cup condensed tomato soup or ½ cup cooked tomatoes
1¼ cups cooked green beans

Roll biscuit dough ¼ inch thick and cut into 6-inch squares. Combine remaining ingredients, divide mixture into 6 portions and place 1 portion on each square. Bring edges of dough together on top of meat mixture, rolling back edges in center leaving square opening. Bake in hot oven (450°F.) 10 minutes, reduce heat to 350°F. and bake 20 minutes longer. Serves 6.

Don't be surprised if these meat dumplings create a sensation at your next war-bond luncheon

CORNED BEEF HASH

⅓ cup minced onions
1 tablespoon bacon drippings
⅛ teaspoon pepper
3 cups diced cooked potatoes
2½ cups chopped cooked corned beef
2 tablespoons fat

Brown onions in drippings in skillet; add pepper, potatoes and beef and mix thoroughly. Shape into patties and sauté in hot fat. Serves 6.

Serve with poached eggs.

Instead of making patties, if desired add ½ cup hot milk to mixture, spread evenly in skillet, cover and simmer ½ hour. Do not stir mixture. To serve, fold like an omelet.

STUFFED VEGETABLE MARROW

1 large vegetable marrow
1½ cups chopped cooked meat
½ cup bread crumbs
1 tablespoon minced onion
2 tablespoons tomato catchup
¼ teaspoon salt, Dash cayenne
1 egg, beaten

Cut marrow crosswise into halves; remove seeds. Combine remaining ingredients and pack into marrow halves. Place halves together and fasten with toothpicks, or place in pan of same length as marrow to hold halves together. Bake in a moderate oven (350°F.) 30 minutes or until tender. Serve in slices. Serves 6.

LAMB PIE

1 pound breast of lamb
½ clove garlic, if desired
¼ cup flour
2 tablespoons fat
¾ cup hot water
2 cups cubed potatoes
12 small onions
½ cup sliced carrots
1 cup cooked string beans
½ cup diced ripe olives
1½ cups Brown Gravy

Cut lamb into 1-inch cubes, rub with garlic, roll in flour and brown in hot fat in skillet. Place in a deep casserole, add hot water, cover tightly and cook in a moderate oven (350°F.) 1 hour. Add potatoes, onions and carrots; cover tightly and continue cooking until vegetables are tender, 45 to 60 minutes. Add beans, olives and gravy. Return to oven 15 minutes longer. Serves 6.

Top with biscuit dough last half hour, if desired; brown.

BENGAL LAMB CURRY

3 cups ground cooked lamb
½ cup minced onion
1 green pepper, chopped
3 tablespoons minced parsley
1 cup water, 2 tablespoons flour
1 teaspoon Worcestershire sauce
4 tablespoons catchup
2 teaspoons salt
1 teaspoon paprika
½ teaspoon curry powder
3 cups hot cooked rice
1 hard-cooked egg, minced

Combine first 4 ingredients and ¾ cup of the water in kettle; simmer until onions are tender. Mix remaining ¼ cup water with flour and add with Worcestershire sauce, catchup, salt, paprika, and curry powder. Simmer a few minutes longer. Arrange rice in center of a platter. Surround rice with lamb mixture and garnish with egg. Serves 8.

Feathery crispy biscuit crust enhances the flavor of appetizing lamb en casserole

LAMB HARICOT

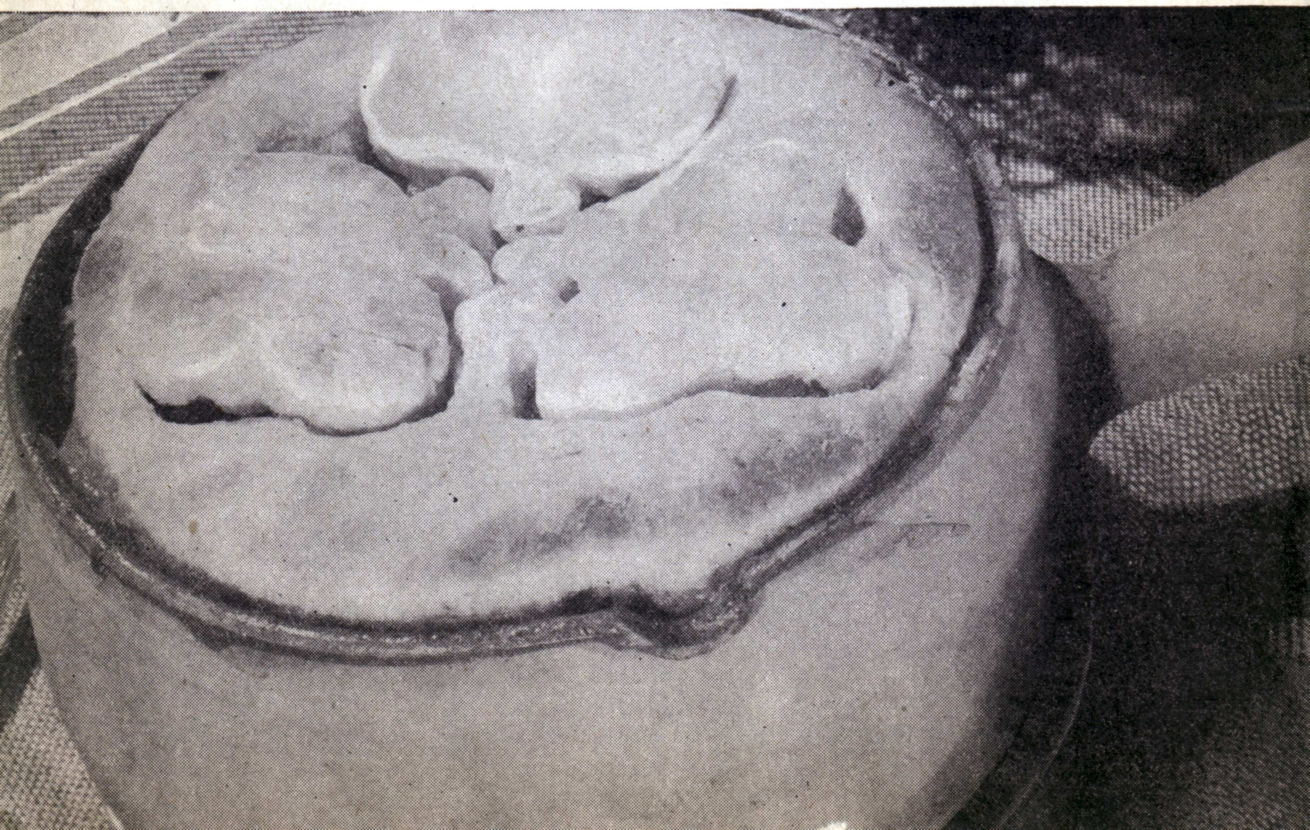
2 cups dried Lima beans
½ cup chopped onions
1 pound lamb stew meat (neck cuts are satisfactory)
1 cup cooked tomatoes
1 teaspoon salt
¼ teaspoon pepper
2 cups boiling water

Wash Lima beans, soak overnight; drain, place in kettle, cover with water and cook 1 hour or until nearly tender. Place cooked beans in a casserole and add remaining ingredients. Cover tightly and cook in moderate oven (350°F.) 3 hours. Remove cover after 2 hours. Serves 8.

SHEPHERD'S PIE

3 cups hot mashed potatoes
2 cups diced cooked lamb
1½ cups lamb gravy

Arrange half of potatoes in greased baking dish. Add lamb and gravy. Cover with remaining potatoes. Bake in moderate oven (350°F.) 20 minutes. Serves 6.



Tidbits of meat with mushrooms, broiled to crisp succulence en brochette, make a glamorous luncheon with baked potatoes

PICNIC MEAT ROLL

2½ pounds forequarter of lamb
6 tablespoons onion
6 tablespoons green pepper
2 teaspoons salt
½ teaspoon pepper
2 eggs
2 cups crumbs
4 hard-cooked eggs

Force lamb, onions, and green pepper through food chopper, add remaining ingredients, excepting hard-cooked eggs, and mix thoroughly. Turn out on a slightly floured board. Place hard-cooked eggs in center of meat, shape into roll, and dredge with flour. Place in roasting pan and bake in moderate oven (350°F.) 45 minutes. Serve sprinkled with chopped parsley. Serves 8.

BRAISED NECK SLICES

4 double lamb neck slices (¾ inch thick)
2 tablespoons flour
2 tablespoons fat
1 cup water
4 carrots, diced
2½ cups cooked green beans
3 potatoes, diced
Salt and pepper

Dredge neck slices with flour; brown in hot fat in kettle. Add water, cover and simmer 1 hour. Arrange vegetables in greased baking dish. Season. Place neck slices on top. Add liquid from neck slices, cover and cook in a slow oven (300°F.) 30 minutes, or until vegetables are tender. Serves 4.

Use 2½ cups peas instead of green beans, if desired.

EMINCE OF LAMB

2 cups ground cooked lamb
2 cups cooked rice
1½ cups cooked tomatoes
2 onions, minced
1½ teaspoons salt
1 teaspoon paprika
1 teaspoon Worcestershire sauce
6 large green peppers
1 cup boiling water

Combine first 7 ingredients. Remove tops and seeds of peppers. Fill with meat mixture; place in baking pan and add water. Bake in moderate oven (350°F.) 40 minutes. Serves 6.

STUFFED LAMB SHANKS

6 lamb shanks
2 tablespoons fat
2 cups water, 1 teaspoon salt
¼ teaspoon pepper
¼ pound barley

Brown meat in hot fat in kettle, add water and seasonings, cover and simmer 1½ hours or until tender. Remove meat from broth, cool and remove bones. Cook barley in lamb broth 2 hours, adding water as necessary. Stuff boned shanks with cooked barley; place in baking dish. Add gravy made by thickening remaining broth. Simmer 25 minutes. Serves 6.

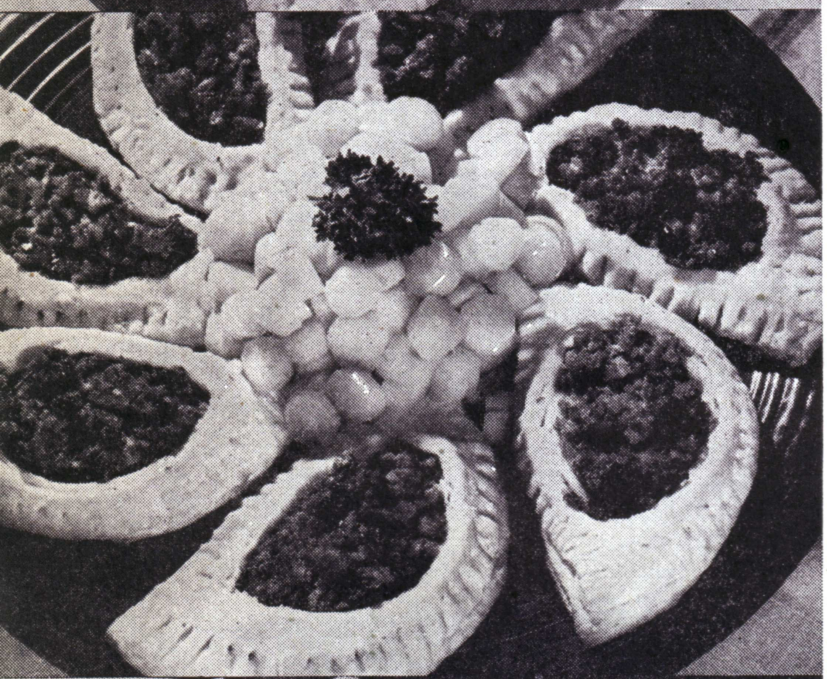
MEAT EN BROCHETTE

Any small pieces of uncooked meat may be made attractive by broiling on skewers or preparing as a mixed grill. For any of these there need be only a few pieces of meat with accessories such as mushrooms, slices of tomato, an onion or two, small cubes of eggplant, turnip or other vegetables, a few slices of bacon or a tiny sausage or two. Arrange meat and vegetables on skewers, dip in melted fat and broil. Bacon and sausage need no fat.

LAMB CASSEROLE

¼ pound dried Lima beans
1½ pounds lamb shoulder
2 tablespoons bacon fat
1 small onion or clove of garlic, chopped
1½ teaspoons salt
⅛ teaspoon pepper
1 cup boiling water

Wash beans and soak overnight; drain. Cut lamb into 1-inch pieces; brown in fat with onion in skillet. Add salt and pepper and place in casserole. Add beans and water, cover, and cook in slow oven (300°F.) 1 hour, or until tender. Serves 6.



Saucy meat pasties cut in fancy shapes with fluted edges give an air to any luncheon

MEAT PASTIES

½ pound beef or lamb, ground
2 tablespoons fat
2 cups diced potatoes
1½ cups diced carrots
1 cup diced celery and leaves
1 teaspoon salt
¼ teaspoon pepper
2 recipes Baking Powder Biscuit dough

Brown meat in fat in skillet. Remove from heat, add next 5 ingredients and mix thoroughly. Divide into 6 equal portions. Roll dough ¼ inch thick; cut into 8-inch rounds. On half of each round place 1 portion of meat mixture; fold other half of round over filling and seal edge with fork. Bake on ungreased baking sheet in moderate oven (375°F.) 50 to 60 minutes. Makes 6.

OPEN-FACED—Cut hole in upper half of each round.

SQUARES—Roll dough thin and cut into small rectangles.

CABBAGE ROLLS

1 head cabbage
1 pound lamb, minced
2 onions, chopped
2 cups cooked rice
1 teaspoon salt
⅛ teaspoon pepper
3 to 4 tomatoes, sliced
½ cup water
Meat stock

Cook cabbage in rapidly boiling salted water 3 minutes; drain and carefully separate leaves. Combine lamb, onions, rice, salt and pepper; mix well. On each cabbage leaf place 1 tablespoon of meat mixture, roll leaf over filling and turn ends under. Place filled leaves in greased pan, add tomatoes, water and sufficient stock to half cover rolls. Cook in moderate oven (350°F.) 45 minutes. Serves 6.

CREOLE PORK AND SPAGHETTI

1 cup minced onions
1 pound ground pork shoulder
2 cups cooked spaghetti
¾ cup cooked tomatoes
1 cup grated cheese
½ teaspoon salt
½ cup dry bread crumbs
2 tablespoons fat

Brown onions and meat in skillet; mix with spaghetti, tomatoes, cheese and salt. Place in greased baking dish. Sprinkle crumbs on top, dot with fat and bake in moderate oven (350°F.) 30 minutes. Serves 6.

GLAZED PORK AND SWEETPOTATOES

2 cups diced cooked pork
3 cups diced cooked sweetpotatoes
⅓ cup honey or corn sirup
1 cup orange juice

Place pork in shallow pan or casserole. Add sweetpotatoes and cover with honey and orange juice. Bake in a moderate oven (350°F.) 30 minutes or until browned. Serves 6 to 8.

CORN-MEAL MUSH WITH PORK

1 pound lean pork, including bones
1 cup corn meal
1 teaspoon salt
½ teaspoon powdered sage

Simmer pork in water in kettle until meat falls from bones. Remove meat and bones. Chill broth and remove fat. Bring measure of broth to 1 quart by boiling down or by adding water as necessary. Add corn meal and cook, stirring frequently, until thickened. Chop meat fine, season with salt and sage. Add to mush and pack in bread pans. Chill, slice and sauté. Serves 6.

Beef may be used instead of pork.

BACON CRISPIES

6 rusks
3 ounces cream cheese
3 slices bacon

Spread rusks with cream cheese, top with ½ slice of bacon and toast in broiler until cheese melts and bacon is crisped. Serves 6.

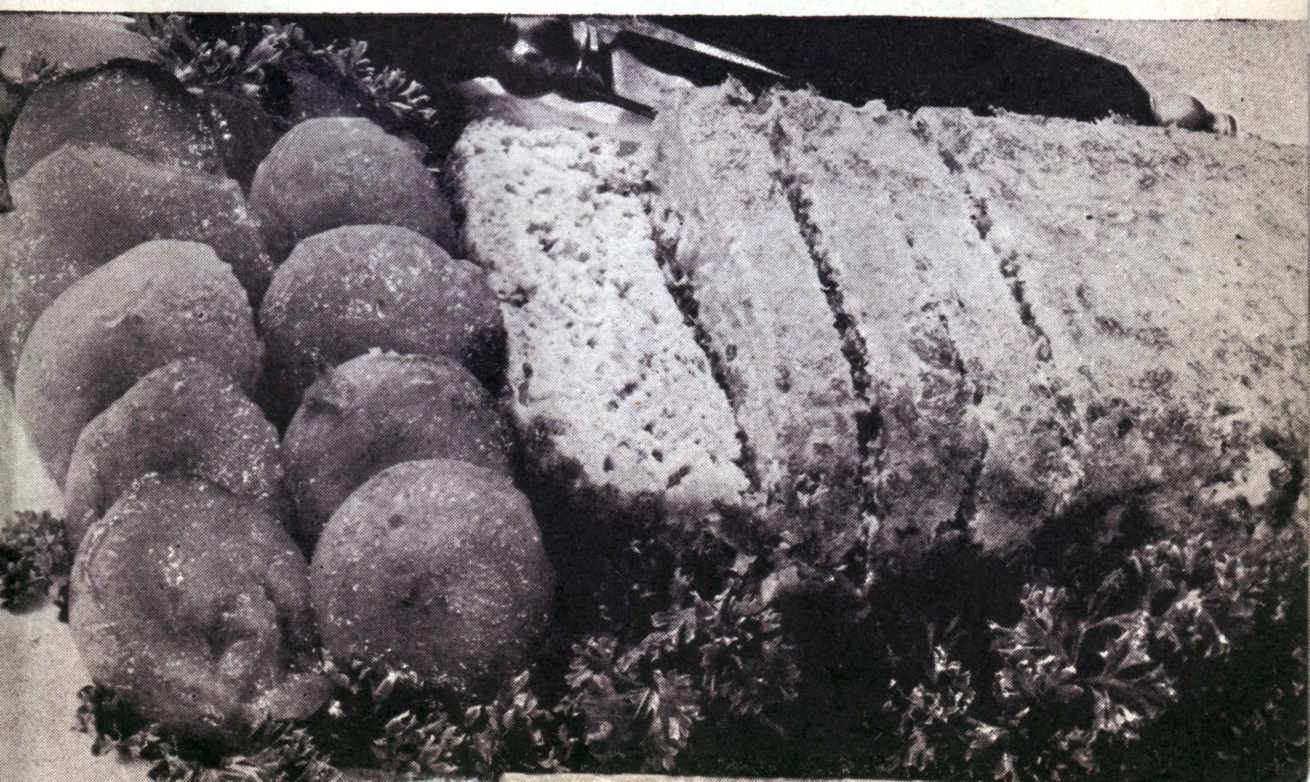
MEAT LOAF WITH OATMEAL

½ pound pork, ground
½ pound beef, ground
1 cup minced onions
2 cups cooked oatmeal
1 teaspoon thyme
1 teaspoon salt
1 teaspoon marjoram, if desired
½ teaspoon pepper
½ cup milk
1 tablespoon melted fat

Mix all ingredients thoroughly. Pack in greased loaf pan. Bake in moderate oven (350°F.) 1½ hours. Let stand several minutes before removing from pan. Serves 6 to 8.

Garnish with hot spiced peaches. To make: Stick cloves into cooked whole peaches; simmer in sirup of 1 cup peach sirup, ½ cup vinegar, 1 stick cinnamon and ½ cup sugar for 3 minutes. Drain peaches and serve hot.

Hot spiced peaches make an effective garnish for a pork and beef loaf made with oatmeal



STUFFED PORK SHOULDER

Pork shoulder (picnic)
2 tablespoons melted fat
1 cup bread crumbs
10 cooked prunes, diced
3 tart apples, quartered
1 teaspoon grated lemon rind
½ teaspoon brown sugar
¼ teaspoon cinnamon
Salt and pepper

Have picnic shoulder boned; sew on 3 sides. Combine fat, bread crumbs, prunes, apples, lemon rind, brown sugar and cinnamon. Season pork shoulder with salt and pepper and fill opening with stuffing. Cook in uncovered roasting pan in moderate oven (350°F.), allowing 35 to 40 minutes per pound. Serves 12.

Stuff with sage or celery dressing instead of prune and apple.

Pork shanks go further and taste better when baked in the oven with homemade old world sauerkraut

PORK SHANKS AND SAUERKRAUT

3 pounds pork shanks
1 large onion
6 cups water
1 teaspoon salt
4 cups sauerkraut

Simmer pork and onion in salted water in kettle 2½ to 3 hours. Place sauerkraut in baking pan and arrange cooked shanks on top. Add 1 cup of pork stock. Bake in moderate oven (350°F.) 30 minutes. Serves 6.

APPLE-STUFFED SPARERIBS

1 onion, chopped
1 tablespoon minced parsley
3 stalks celery, chopped
6 tart apples, chopped
¼ cup sugar
1 cup bread crumbs
2 matching spareribs (about 1½ pounds each)
Salt, Pepper

Combine onion, parsley, celery, apples, sugar and crumbs. Spread 1 section of ribs with stuffing. Cover with other section and season. Bake uncovered in moderate oven (350°F.) until tender, about 1½ hours. Serves 6.

BOILED SPARERIBS AND POTATOES

2½ pounds spareribs
6 cups water
2 teaspoons salt
1 pod red pepper, if desired
6 medium potatoes

Wipe ribs with a damp cloth. Place in kettle, add water, salt and red pepper; simmer 1½ hours or until almost tender. Add potatoes and simmer until potatoes are tender, about 30 minutes longer. Serves 6.

Instead of spareribs use 4 pounds neckbones.

Add 3 cups sauerkraut to kettle with potatoes, if desired.

SWEETPOTATO HAM LOAF

1 pound smoked ham, ground
¼ pound beef, ground
¼ pound pork, ground
¼ teaspoon salt
⅛ teaspoon pepper
¼ cup minced onion
1 small green pepper, minced
½ cup chopped celery
⅓ cup quick-cooking cereal
1 egg, beaten
½ cup milk
3½ cups mashed sweetpotatoes

Combine all ingredients, except sweetpotatoes, and mix well. Arrange half of meat mixture in greased loaf pan, cover with sweetpotatoes and top with remaining meat mixture. Bake in moderate oven (350°F.) about 1 hour. Serves 10.

HAM AND APPLES WITH DUMPLINGS

1 quart dried apples
3 pounds ham
2 tablespoons brown sugar
1 recipe Dumplings

Wash apples and soak overnight. Cover ham with cold water in kettle and simmer 2 hours. Add apples and water in which they have been soaked; simmer 1 hour longer; add brown sugar. Drop dumplings by spoonfuls into hot liquid. Cover tightly; cook 18 minutes. Serves 12.

HAM ROLL UPS

2 cups mashed sweetpotatoes
3 tablespoons melted fat
½ cup crushed pineapple
¼ cup chopped pecans
½ cup cracker crumbs
3 tablespoons brown sugar
6 slices, ⅛-inch thick, smoked or boiled ham
¾ cup pineapple juice

Combine potatoes, fat, pineapple, pecans, cracker crumbs and brown sugar; mix well. Spread filling on each slice of ham, roll as for jelly roll, fasten with toothpicks or tie. Place in baking dish, add pineapple juice and bake in moderate oven (350°F.) 1 hour for smoked ham and 20 minutes for boiled ham. Baste frequently. Serves 6.

Flaky cheese biscuits float atop rich gravy in a savory ham pie fit for a king

SAVORY HAM PIE

3 tablespoons chopped onion
¼ cup chopped green pepper
¼ cup fat
6 tablespoons flour
1 (10½-ounce) can condensed chicken soup
1⅓ cups milk
1½ cups diced cooked ham
1 tablespoon lemon juice
1 recipe Cheese Biscuit dough

Sauté onion and green pepper in fat, stir in flour, add soup and milk and cook until thickened. Add ham and lemon juice, mix and pour into greased baking dish. Roll out biscuit dough on floured board, cut with doughnut cutter and arrange on top of ham mixture. Bake in hot oven (450°F.) 15 minutes, reduce heat to 425°F. and bake 10 minutes longer. Serves 6.

Shirred eggs add nourishment to baked green peppers stuffed with ham and rice

STUFFED PEPPERS

6 green peppers
4 slices bacon or salt pork, chopped
1 cup chopped onions
¾ pound ham, ground
1 teaspoon salt
½ teaspoon paprika
2 cups cooked rice
½ cup water

Cut stem and top from each pepper and remove core and seeds. Sauté bacon in skillet until crisp, add onions and cook until slightly browned. Add beef and brown. Stir in salt, paprika and rice. Fill peppers with mixture. Place peppers in greased pan, add water, cover and bake in moderate oven (350°F.) 40 minutes. Remove cover and bake 10 minutes longer. Top with a bacon slice during the last baking period, if desired. Serve when bacon is browned. Serves 6.

After 40 minutes of baking, top each pepper with an egg, sprinkle with buttered crumbs and bake until eggs are set.

BACON AND HOMINY

3 cups cooked hominy
1 small onion, chopped
1 green pepper, chopped
2 tablespoons fat
2 cups cooked tomatoes
1 tablespoon sugar
1 teaspoon salt
¼ pound sliced bacon

Place hominy in greased shallow baking dish. Sauté onion and pepper in fat in skillet until light brown. Add tomatoes, sugar and salt and simmer 10 minutes. Pour mixture over hominy and cover with sliced bacon. Bake in slow oven (325°F.) about 30 minutes. Serves 6 to 8.

HAM GUMBO IN RICE RING

1 pound ham or smoked shoulder, diced
1 tablespoon bacon fat
1 onion, chopped
1 green pepper, chopped
1 tablespoon minced parsley
2 or 3 stalks celery, chopped
2 cups water
4 cups cooked tomatoes
4 cups sliced okra
1 bay leaf
Salt and pepper
3 cups hot cooked rice

Brown ham in bacon fat in skillet. Add onion, green pepper, parsley and celery; cook 5 minutes. Add water and tomatoes; simmer 40 minutes. Add okra and bay leaf; simmer 20 minutes longer or until stew has thickened. Season. Arrange rice in ring and fill center with ham mixture. Serves 6.

HAM FRITTERS WITH CORN

1½ cups cooked corn
¾ cup ground cooked ham
⅛ teaspoon pepper
½ cup flour
2 teaspoons baking powder
3 eggs, slightly beaten
6 tablespoons fat

Mix corn, ham, pepper, flour, baking powder and eggs together. Heat fat in a skillet; drop in corn mixture by tablespoons. Sauté until golden brown. Serves 6.

SPANISH RICE

¾ cup diced salt pork
1 large onion, sliced
½ cup diced green pepper
3 cups cooked tomatoes
2 cups cooked rice
Salt, if needed

Cook salt pork in skillet until crisp; remove from fat. Brown onion and green pepper in fat. Add tomatoes and cooked rice; mix well; cook about 10 minutes. Just before serving stir in salt pork. Serves 6.

PRECOOKING BRAINS AND SWEETBREADS

Brains must be precooked as soon after purchasing as possible. Remove membranes. Simmer 20 minutes in kettle, in water to which 1 teaspoon salt and 1 tablespoon lemon juice or vinegar have been added to each quart of water used. If not to be used at once, chill in the acidulated water in which they were cooked. Prepare for serving as desired. Brains and sweetbreads may be used interchangeably.

BRAINS AND EGGS

1 pound brains, precooked
3 tablespoons fat
¼ cup minced parsley
6 eggs, beaten
6 tablespoons water or milk
2 teaspoons salt

Chop brains; brown in hot fat in skillet with parsley. Add eggs, water and salt. Cook slowly until set. Serves 6.

Omit eggs listed and use hard-cooked eggs instead.

BREADED BRAINS

1½ pounds brains, precooked
1 egg, beaten
2 tablespoons cold water
1 teaspoon salt
⅛ teaspoon pepper
Bread crumbs or cracker meal
2 tablespoons fat

Roll brains in egg which has been mixed with cold water. Dip in seasoned crumbs and brown in hot fat in skillet. Serves 6.

BOILED TONGUE

1 tongue
Water to cover
Salt, 3 bay leaves
1 teaspoon peppercorns
1 teaspoon whole cloves
1 onion, sliced

Scrape and wash tongue. Place in a kettle. Cover with water, add seasonings and simmer until tender. Allow 3 to 4 hours for large beef tongue, 1½ hours for pork, lamb or veal tongue. Remove tongue from water, remove skin and cut away roots. Return to stock to cool. Serve hot or cold. Allow ⅓ to ¼ pound for each serving.

HEART À LA MODE

3 veal hearts or 1 beef heart
½ cup vinegar
1½ cups minced onions
1 cup diced carrots
1 teaspoon marjoram
2 teaspoons salt
1 teaspoon pepper
1¼ cups liquid from hearts or water
2 tablespoons flour

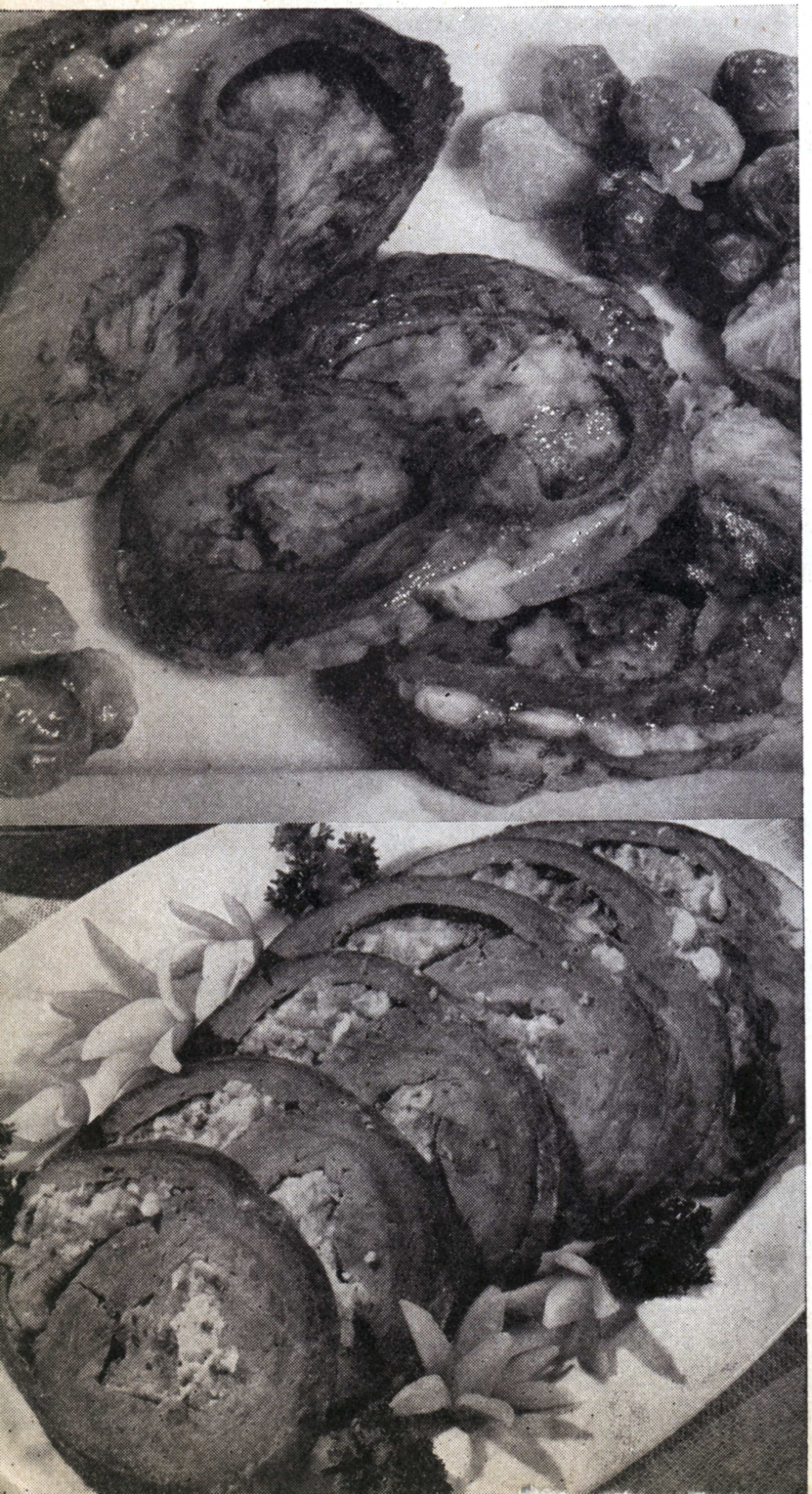
Wash hearts; remove fat, veins and arteries. Cover with water, in kettle, and simmer until tender, 2 to 3 hours. Cut heart into ½-inch cubes. Place in casserole, add vinegar, onions, carrots, marjoram, salt, pepper and 1 cup of liquid. Cover and cook in moderate oven (350°F.) 30 minutes. Mix remaining ¼ cup liquid and flour to smooth paste. Arrange hearts and vegetables on hot platter. Add flour paste to liquid and cook until thickened. Serve gravy over hearts. Serves 6. If desired, add celery salt, garlic salt or thyme.

Pan-fry breaded brains to a delicate golden brown and garnish with sliced tomatoes

STUFFED HEART

1 beef heart
1 teaspoon salt
½ teaspoon pepper
½ recipe Onion Stuffing
2 tablespoons fat, ½ cup water

Wash heart, remove hard parts, season. Fill with stuffing and sew. Brown in hot fat. Add water. Cover and simmer 3 hours or until tender. Serves 12.



CASSEROLE OF HEART WITH VEGETABLES

1½ cups diced cooked heart
4 tablespoons fat, melted
2½ cups cooked spaghetti
½ cup tomato purée
2 tablespoons chopped pimiento
¼ cup grated cheese
1½ cups cooked green beans
1 tablespoon flour
1 cup boiling water
¾ teaspoon salt
⅛ teaspoon pepper
Bread crumbs

Brown heart in 3 tablespoons fat in kettle. Combine spaghetti, tomato purée, pimiento, cheese and green beans; add heart and place in baking dish. Blend flour with remaining fat, add water, salt and pepper, and cook until thickened, stirring constantly. Add to heart mixture, cover with crumbs and bake in moderate oven (350°F.) about 30 minutes. Serves 8.

BAKED LIVER ROLLS

1½ cups diced cooked liver
1 small onion
2 tablespoons lemon juice
1 tablespoon chopped parsley
½ teaspoon salt
¼ teaspoon pepper, Milk
1 recipe Baking Powder Biscuit dough

Force liver and onion through food chopper. Add lemon juice, parsley, salt, pepper and enough milk to make mixture soft enough to spread. Roll biscuit dough into rectangle, spread with liver mixture and roll as for jelly roll. Cut crosswise into 1½-inch slices, place cut side up in greased baking pan and bake in hot oven (400°F.) 15 to 20 minutes. Serves 8.

Braised beef heart cut into slices reveals delicious flavorful onion stuffing

BRAISED LIVER CASSEROLE

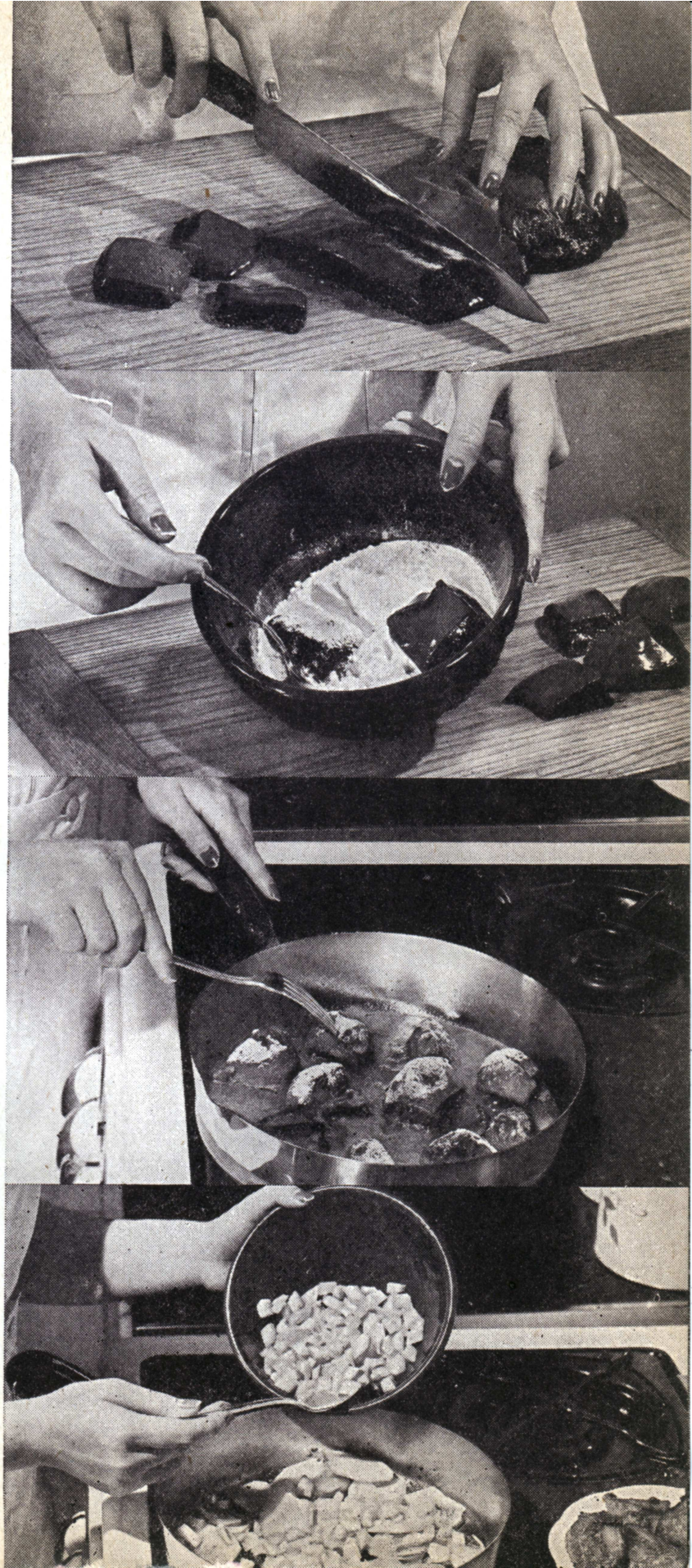
3 slices bacon
1½ pounds beef liver, sliced
2 tablespoons flour
1 small onion, diced
1 cup diced celery
3 small carrots, sliced
½ cup hot beef stock or water
1 teaspoon salt

Cook bacon until crisp and remove from skillet. Dredge liver with flour and brown slowly with onion in hot bacon fat. Place vegetables in casserole, arrange liver over them and top with crisp bacon. Add beef stock and salt, cover and cook in slow oven (300°F.) 45 to 60 minutes. Serves 6.

LIVER BIRDS

1½ pounds liver
2 cups small bread cubes
2 tablespoons minced onion
3 slices cooked bacon, diced
Pepper
½ teaspoon salt
Dash celery salt
½ teaspoon baking powder
Hot water

Have liver sliced as thin as possible and remove membrane from edge of each slice. Combine remaining ingredients, moistening with some of the bacon fat and sufficient water to make stuffing firm but not dry. Place a tablespoon or more of stuffing on each slice of liver, roll up and fasten with toothpicks or skewers. Brown in greased skillet, season with additional salt and pepper and cover bottom of pan with water. Cover pan tightly and simmer about 2 hours, turning rolls occasionally. Remove rolls, make gravy of remaining liquid. Serves 6.



Liver braised with vegetables is an ever popular old time favorite

LIVER SAVORY

1 (6-ounce) package noodles
1½ pounds sliced liver
Flour, Salt, Pepper
4 tablespoons fat
¾ cup diced celery
1 cup diced onions
1 green pepper, diced
2½ cups cooked tomatoes
½ pound American cheese, grated

Cook noodles in boiling salted water until tender. Sprinkle liver with flour, salt and pepper. Sauté in fat in skillet until browned. Place in greased baking dish. Combine celery, onions, green pepper and tomatoes; pour over liver. Cover and bake in moderate oven (350°F.) about 1 hour. Place liver on platter. Add cheese to vegetables; stir to melt cheese. Season. Arrange hot drained noodles around liver and border with vegetables. Serves 6.

BROILED LAMB KIDNEYS

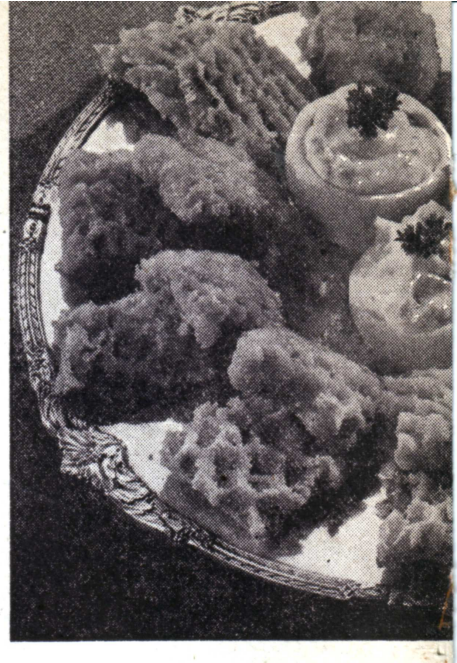
6 lamb kidneys
1½ cups French dressing
6 pineapple slices

Clean kidneys and marinate in French dressing 1 hour. Drain. Place on pineapple and broil 4 inches below moderate broiler heat. Broil 6 minutes, turn kidneys and continue 6 minutes longer or until tender. Serves 6.

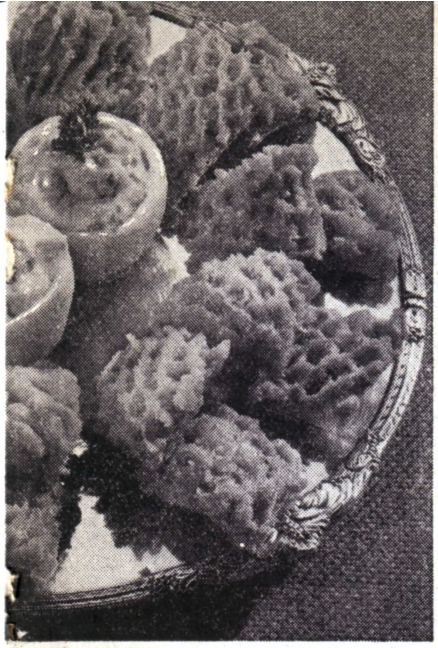
SPANISH KIDNEY STEW

4 pork or 6 lamb kidneys
3½ cups water
½ cup chopped onions
2 green peppers, chopped fine
1 cup tomatoes
2 tablespoons cornstarch
1 cup cooked kidney beans
1½ teaspoons salt
¼ teaspoon thyme
½ teaspoon paprika

Wash kidneys and remove tubes and fat. Cut kidneys into ½-inch cubes, place in kettle and cover with 3 cups of water and simmer 1 hour or until tender. Add onions, peppers and tomatoes and cook 20 minutes longer. Mix cornstarch and remaining ½ cup water; add to stew and cook, stirring constantly, until thickened. Add beans, salt and spices and heat to boiling. Serves 6 to 8.



An appetizing and enticing luncheon—grilled lamb kidneys on broiled fruit slices



BROILED TRIPE

Cut boiled tripe into 4-inch squares, season with salt, sprinkle with flour and dip into olive or salad oil. Dip into sifted bread crumbs and broil under slow broiler heat 2 to 3 minutes to each side.

Cut up the tripe, dip in batter and brown in a skillet if you want something really good and unusual

TRIPE FRIED IN BATTER

2 pounds honeycomb tripe
1 quart water
2 teaspoons salt
1 egg
1 cup milk
1¼ cups flour
Fat

Cook tripe in water with 1 teaspoon salt 1 hour. Drain and cut into pieces the size of an oyster. Combine egg, milk, flour and remaining salt to make a smooth batter. Dip tripe in batter and brown in fat in skillet. Serves 6.

FRIED PICKLED TRIPE

Parboil pickled tripe about 5 minutes. Dry and dip into beaten egg, dredge with flour and brown on both sides in greased skillet.

CREAMED SWEETBREADS

6 tablespoons fat
6 tablespoons flour
3 cups milk
1½ teaspoons salt
⅛ teaspoon pepper
1½ pounds sweetbreads, precooked

Melt fat and stir in flour. Add milk, salt and pepper and cook until thickened, stirring constantly. Break sweetbreads into small pieces and add to cream sauce. Serve on toast. Serves 6.

BROILED SWEETBREADS

Split precooked sweetbreads, brush with melted fat, sprinkle with salt and pepper and broil until browned, about 5 minutes on each side. Instead of fat use a strip of bacon.

Get on the bandwagon with variety meats — such as sweetbreads broiled to golden crispness, served with French potato balls

VEAL

VEAL STEW WITH DUMPLINGS

1 pound veal breast, cubed
1¼ cups flour
2 tablespoons fat
2 cups hot water
½ cup diced carrots
½ cup diced potatoes
¼ cup chopped onions
¼ cup chopped celery
1 bay leaf
1 teaspoon salt
1 teaspoon Worcestershire sauce
⅛ teaspoon pepper
1½ teaspoons baking powder
½ cup milk
2 tablespoons melted shortening
1 cup tomato paste

Dredge veal with ¼ cup flour; brown in hot fat in kettle; add water, cover and simmer 1 hour or until tender. Add vegetables, bay leaf, ½ teaspoon salt, Worcestershire sauce and pepper. Simmer 20 minutes. Sift baking powder, remaining flour and salt together. Combine milk and shortening, add to dry ingredients. Mix to a soft dough. Add tomato paste to vegetables; bring to a vigorous boil. Add more water if necessary. Drop dumplings from a spoon into hot liquid. Cover tightly and cook, without removing cover, 15 minutes. Serves 6.

BRAISED VEAL

¼ cup diced salt pork
1½ pounds veal breast, cubed
2 tablespoons flour
1 teaspoon salt, 2 cups water
1 cup diced celery
1½ cups noodles
2 tablespoons chopped parsley

Brown salt pork until crisp. Roll veal in flour and brown slowly in salt pork fat in kettle. Add salt and water, cover and simmer slowly 1½ hours. Add celery and noodles; continue cooking about 15 minutes or until noodles are tender. Arrange noodles in center of platter, sprinkle with parsley and border with veal. Serves 6.

RICE VEAL CUSTARD

2 cups cooked brown rice
1 cup diced cooked veal
2 pimientos, diced
½ teaspoon salt
Dash cayenne
1 egg, slightly beaten
½ cup milk
½ cup veal stock

Arrange layers of rice, veal and pimientos in greased baking dish. Combine salt, cayenne, egg, milk and stock; add to first mixture. Cover; bake in moderate oven (350°F.) until firm, about 30 minutes. Serves 6.

CITY CHICKEN CUTLETS

¾ pound veal, ground
6 tablespoons fat
2 cups cooked brown rice
1 cup Thick White Sauce
¾ teaspoon salt
½ teaspoon celery salt
1 tablespoon minced parsley
1 egg, beaten
1 cup bread crumbs

Brown veal in 2 tablespoons fat in skillet. Combine with rice, white sauce, seasonings and egg; cool. Shape into cutlets and roll in crumbs; sauté in remaining fat until lightly browned. Cover and cook slowly 10 minutes. Serve with mushroom or tomato sauce. Serves 6.

Ground cooked veal may be used.

HUNGARIAN GOULASH

1 pound beef chuck
1 pound veal or pork
¼ cup flour
½ teaspoon salt
¼ teaspoon pepper
3 tablespoons fat
3 cups boiling water
¾ cup thick sour cream
3 tablespoons grated onion
2 tablespoons minced parsley
Additional salt (if needed)
1 tablespoon paprika
Cooked noodles

Cut meat into 1-inch cubes. Roll in flour, salt and pepper and brown in fat in kettle. Add water and cover tightly. Simmer 1½ hours or until meat is tender. Remove cover and cook to reduce liquid. Add remaining ingredients and heat to boiling; simmer 10 minutes. Serve with cooked noodles. Serves 8.

The delicious flavor of veal and vegetable stew permeates feathery dumplings sprinkled with chives

VEAL SCALLOPINE NAPOLI

2 pounds veal round steak, ½ to ¾ inch thick
2 teaspoons salt
1 teaspoon pepper
¾ cup flour
3 tablespoons fat
3 tablespoons salad oil
1 pound mushrooms, sliced
1 cup hot water
1 cup dry white wine
Dash nutmeg
½ cup tomato paste
1 teaspoon sugar
½ cup cream

Cut veal into 4-inch squares. Pound salt, pepper and flour into meat. Brown veal on both sides in hot fat and oil, in skillet. Remove meat, add mushrooms, cover and sauté 10 minutes or until tender. Return meat to skillet. Add water, wine and nutmeg. Cover and simmer 20 minutes or until meat is tender. Add tomato paste, sugar and cream; simmer 5 minutes longer. Serves 8.

VEAL À LA KING

½ green pepper, shredded
¼ pound mushrooms
3 tablespoons fat
6 tablespoons flour
4 cups milk or ½ milk and ½ veal stock
Salt and pepper
3 cups diced cooked veal
1 pimiento, diced

Cook green pepper and mushrooms in fat in kettle 8 minutes. Remove from fat; blend flour with fat. Add milk and seasonings and cook until thickened, stirring constantly. Add green pepper, mushrooms and remaining ingredients and heat. Serve on toast or in bread croustades. Serves 8.

VEAL LOAF

2 cups chopped cooked veal
2 cups cracker crumbs
1 pimiento, chopped
1 green pepper, chopped
3 eggs, beaten
Salt and pepper
Meat broth or milk
3 slices bacon

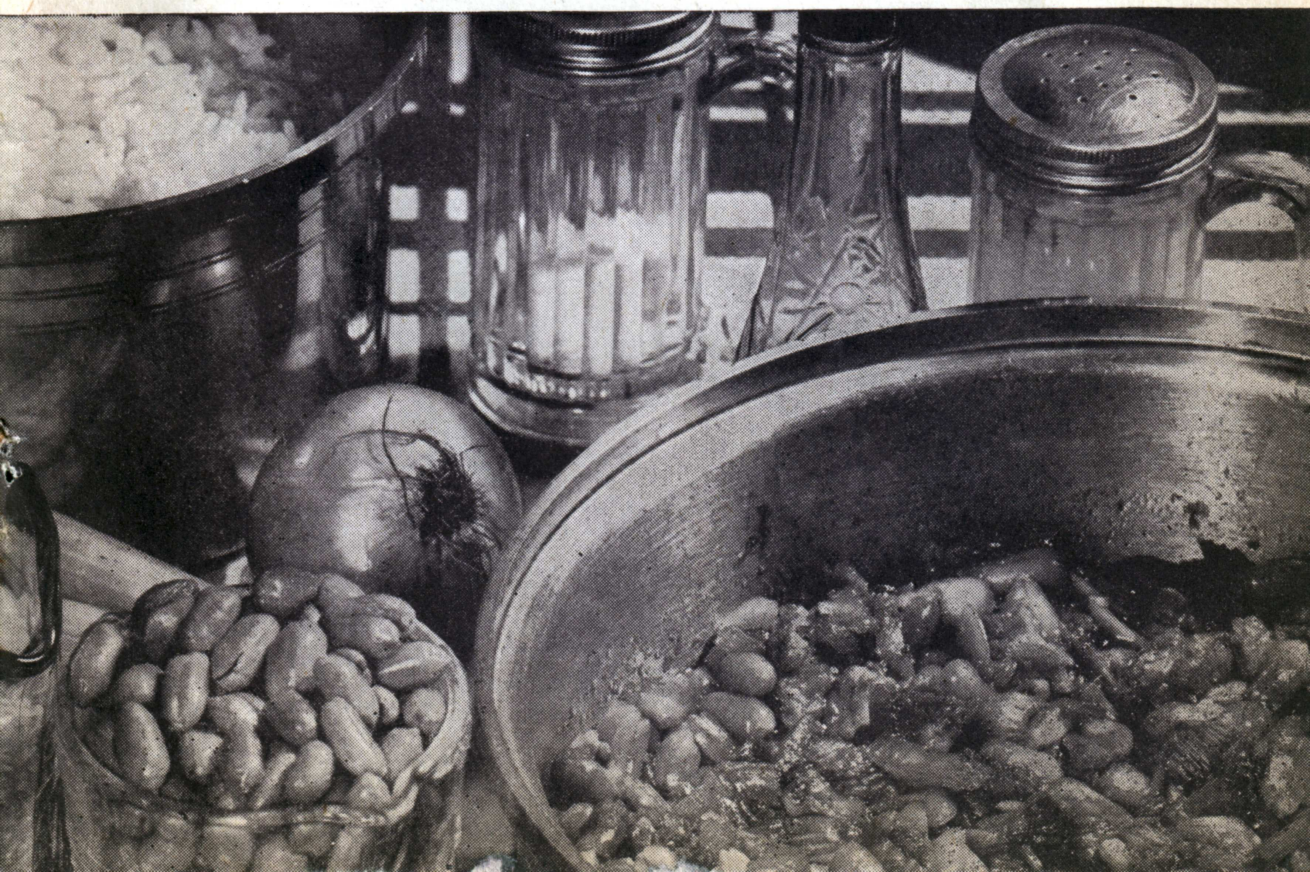
Combine first 5 ingredients and season; add enough liquid to moisten well. Pour into loaf pan lined with bacon. Bake in moderate oven (350°F.) 30 minutes. Serve with mushroom sauce.

SHANGHAI SPECIAL

½ pound veal or pork, diced
2 tablespoons fat
3 cups chopped celery
1 cup minced onions
2 cups coarsely chopped salted peanuts
½ cup water
⅛ teaspoon pepper
2 tablespoons soy or meat sauce

Brown meat in hot fat in a skillet. Add celery, onions, peanuts, water, pepper and soy or meat sauce. Cover tightly and simmer 30 to 45 minutes. Add salt, if necessary. Serve with hot cooked rice. Serves 6.

Salted peanuts reinforce the meat in this intriguing Shanghai Special



SAUSAGE

BOLOGNA CUPS WITH PEAS

6 slices Bologna, cut ⅛ inch thick
2 tablespoons fat
2 cups cooked peas
1 tomato, cut into wedges
2 cups hot cooked rice

Spread Bologna with fat and broil. As slices heat they will curl into cups. Fill with hot peas, and arrange cups alternately with tomato wedges around rice heaped in center. Garnish, if desired, with sliced hard-cooked egg and green pepper rings. Serves 6.

BOLOGNA NOODLE CASSEROLE

3 cups cooked noodles
1 cup chopped Bologna
½ teaspoon salt
⅛ teaspoon pepper
1 cup milk
½ cup cracker or bread crumbs
1 tablespoon fat

Arrange alternate layers of noodles and Bologna in greased baking dish. Add salt, pepper, milk; cover with crumbs. Dot with fat and bake in hot oven (400°F.) 30 minutes. Serves 6. Use macaroni or spaghetti instead of noodles if desired.

BAKED STUFFED FRANKFURTERS

2 cups soft bread crumbs
¼ teaspoon salt
Dash pepper
2 teaspoons sage
1 small onion, minced
¼ cup melted fat
12 frankfurters
6 strips bacon

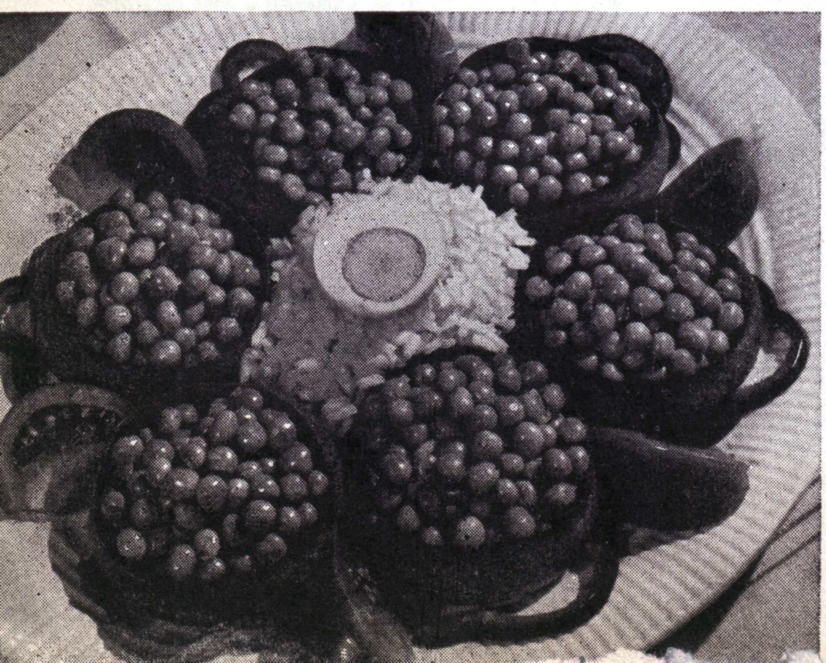
Combine crumbs with seasoning and onion; add melted fat and blend well. Split frankfurters lengthwise; fill with the stuffing; wrap each with a half strip of bacon, fasten with toothpicks and place in baking pan. Bake in moderate oven (350°F.) 30 minutes; or broil 10 minutes. Serves 6.

APPLE-STUFFED FRANKFURTERS—Place finely chopped apple in frankfurters instead of stuffing.

CHEESE-STUFFED FRANKFURTERS—Place slice of cheese in frankfurters instead of stuffing. Bake or broil long enough to melt cheese and brown bacon.

PICCALILLI-STUFFED FRANKFURTERS—Fill frankfurters with piccalilli and proceed as above.

Broiled Bologna slices will curl into cups; fill with peas and alternate with tomato wedges around rice



FILLED FRANKFURTERS

1½ cups broken macaroni
¾ cup evaporated milk
1¼ teaspoons dry mustard
1¼ teaspoons salt
⅛ teaspoon pepper
2½ cups grated American cheese
1½ pounds frankfurters

Cook macaroni in boiling salted water until tender. Drain. Combine milk, mustard, salt, pepper and 2 cups cheese in double boiler and cook until cheese is melted and sauce is smooth, stirring frequently. Add macaroni and mix well. Split frankfurters lengthwise without separating and fill with macaroni mixture. Sprinkle with remaining cheese, place in baking pan and bake in hot oven (400°F.) 15 minutes. Serve at once. Serves 6.

COVERED FRANKFURTERS—Mix macaroni and cheese as above, then place frankfurters in bottom of buttered baking dish. Cover with macaroni mixture and bake as above.

SAUSAGE VEGETABLE CASSEROLE

½ pound link sausages
1 onion, diced
½ green pepper, diced
2 tablespoons flour
1 teaspoon salt
¼ teaspoon pepper
2½ cups whole-kernel corn
2½ cups cooked tomatoes
1 cup cereal flakes

Brown sausages in skillet and remove from pan. Brown onion and pepper in remaining fat. Add flour and seasonings; blend. Add corn and tomatoes; simmer until juice has partly evaporated. Pour into casserole. Arrange browned sausages on top; sprinkle with cereal flakes. Brown in moderately hot oven (400°F.) about 15 minutes. Serves 8.

APPLE SAUSAGE ROLL

1 pound sausage
2 cups diced apples
2 cups bread crumbs
1 small onion, diced

Roll out sausage, on waxed paper, into a rectangle ½ inch thick. Combine apples, bread crumbs and onion; spread over meat. Roll like a jelly roll. Place in baking dish; bake in moderate oven (350°F.) 45 minutes. Serves 8.

CASSEROLE OF SAUSAGE AND CORN

12 Vienna sausages
2½ cups cooked whole-kernel corn
½ green pepper, chopped
Salt and pepper
2 cups Medium White Sauce

Wash sausages. Combine corn, green pepper, salt and pepper. Place in casserole in alternate layers with white sauce. Arrange sausages on top to radiate from center. Bake in moderate oven (350°F.) 20 minutes. Serves 6.

LIVER SAUSAGE BOLOGNA LOAF

⅔ pound Bologna
2 tablespoons chili sauce
4 tablespoons mayonnaise
1 tablespoon lemon juice
⅔ pound liver sausage
3 tablespoons minced dill pickle
4 tablespoons chopped celery
2 teaspoons onion juice
1 tablespoon Worcestershire sauce
1 loaf unsliced bread
3 tablespoons butter
3 slices Bologna
3 slices liver sausage
Tomato wedges, Stuffed olives

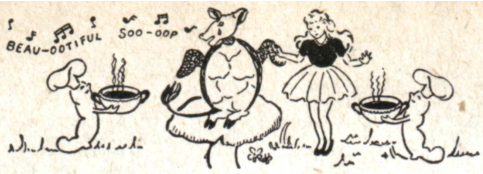
Put Bologna through food chopper; add chili sauce, 2 tablespoons mayonnaise and lemon juice; mix to a smooth paste. Mash liver sausage; add pickle, celery, onion juice, Worcestershire sauce and remaining mayonnaise; mix to a smooth paste. Cut crust from bread; slice in 3 lengthwise slices. Place one slice on baking sheet and spread with Bologna paste; top with second slice of bread; spread with liver sausage paste. Top with remaining slice of bread. Spread entire loaf with butter. Arrange alternate slices of sausages on top Bake in moderate oven (350°F.) 30 minutes. Garnish with tomatoes and stuffed olives. Serves 6.

SAUSAGE, CABBAGE AND APPLES

1 pound sausage meat
1 medium cabbage, shredded
3 apples, sliced
Salt
1 tablespoon vinegar

Shape sausage into flat cakes and sauté in skillet until crisp. In a greased baking dish arrange layers of cabbage and apples, salting each layer and ending with apples. Place sausage cakes on top. Rinse skillet with vinegar and pour over sausages. Cover and bake in moderate oven (350°F.) about 45 minutes. Serves 6.
Use 4 cooked sliced sweetpotatoes instead of cabbage.

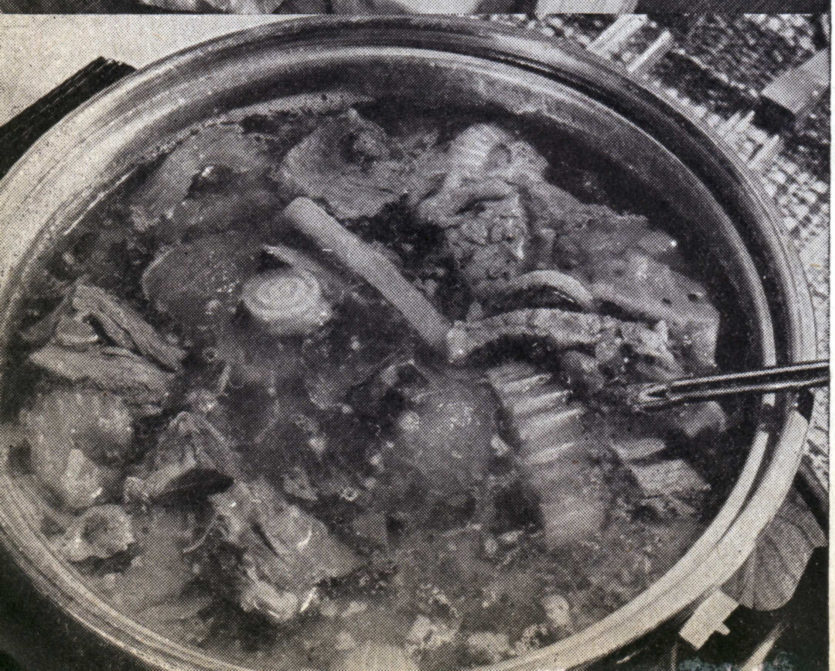
A gorgeous toasted luncheon loaf, with liver sausage and Bologna in the leading roles



SOUP STOCK

Bones, trimmings and drippings from meat or poultry may be used for soup stock. Do not hesitate to combine different meat materials as a mixture or blend is preferred by many. Cover washed bones or meat scraps with cold water, using approximately 2 quarts of water for each pound of meat material. Simmer, tightly covered, 4 hours. Remove meat from bones and discard bones.

Save every scrap of meat bones and trimmings for a steaming tureen of rich nourishing soup such as this



BEEF SOUP

2-pound beef shank, cube meat
4 quarts water
4 large onions, chopped
4 large carrots, sliced
4 celery stalks and tops, chopped
2 tomatoes
6 peppercorns
4 sprigs parsley
2 teaspoons salt

Have bone cracked. Simmer in water 1½ hours. Skim. Add remaining ingredients. Simmer 2 hours. Cool, skim off excess fat. Serves 8 to 10.

CEREAL VEGETABLE CHOWDER

1 cup diced salt pork
1 onion, chopped
3 cups water
2 cups diced potatoes
3 cups diced carrots
⅓ cup uncooked cereal
Salt, if needed

Cook salt pork until crisp. Remove from fat and sauté onion in fat. Add 2 cups of water, potatoes and carrots. Cook 10 minutes. Combine cereal with remaining cup of water; add to vegetables. Simmer about 20 minutes, stirring frequently, or until vegetables are tender. Add salt pork and serve. Serves 8.

FRENCH ONION SOUP

4 cups sliced onions
4 tablespoons fat
1 tablespoon flour
3 cups beef stock or bouillon
2 cups water
1 teaspoon salt
¼ teaspoon pepper

Separate onion slices into rings. Cook slowly in fat until transparent but not browned. Blend in flour. Add remaining ingredients, cover and simmer 1 hour. Serve with croutons and grated sharp cheese. Serves 6.

For a clear soup omit flour.

Make croutons by slowly toasting bread cubes to golden brown.

BEEF BARLEY SOUP

3-pound beef shank
12 cups water
2 teaspoons salt
1 teaspoon pepper
1½ cups cooked barley

Have bone cracked. Cover with water and allow to simmer about 3 hours, or until meat can be removed from bone without difficulty. Remove bone and measure the remaining liquid; add water to make 7 cups. Add salt, pepper and barley; boil 10 minutes. Serves 8.

FISH CHOWDER

1-inch cube fat salt pork
1 onion, diced
2 cups soup or fish stock
2 cups diced potatoes
1 teaspoon salt
¼ teaspoon pepper
1 pound fish, chopped
2 tablespoons fat, melted
2 tablespoons flour
2 cups hot milk
6 chowder crackers
1 cup cold milk

Brown salt pork and onion together. Add stock, potatoes, salt, pepper and fish. Cook until potatoes are tender. Blend fat and flour, add hot milk. Stir until sauce boils, add to soup stock. Split crackers, soak in cold milk, add to chowder. Heat to boiling and serve. Serves 6.

GRATED POTATO SOUP

5 cups soup stock
1 clove garlic, chopped
2 leeks, sliced
½ teaspoon salt
⅛ teaspoon pepper
1 onion, minced
5 uncooked potatoes, grated

Heat stock to boiling, add remaining ingredients. Simmer 20 minutes or until tender. Serves 6.

LENTIL SOUP

2 cups lentils
¼ pound smoked sausage
Thin slice garlic
1 small onion, minced
¼ cup diced celery
3 quarts cold water

Wash and soak lentils overnight, drain. Place in kettle with sausage, garlic, onion, celery and water. Simmer 3 to 4 hours or until tender, adding more water as necessary. Serves 6.

ITALIAN MINESTRONE

1 cup marrowfat peas
5 cups beef stock
1 tablespoon minced onion
1 tablespoon minced parsley
½ cup chopped celery
½ clove garlic, minced
½ green pepper, diced
½ red pepper, diced
¼ cup salad oil
½ teaspoon salt
⅛ teaspoon pepper
1 cup cooked tomatoes
1 cup chopped cabbage
½ cup broken spaghetti
Grated Parmesan cheese

Soak peas overnight; drain. Add stock, cover and simmer 2 to 3 hours, or until tender. Add water as necessary. Sauté onion, parsley, celery, garlic and peppers in oil. Add to peas, with seasonings, tomatoes, cabbage and spaghetti. Simmer 30 minutes. Serve with cheese. Serves 6.

If desired, use macaroni instead of spaghetti.

An appetizing plate of beef barley soup will fortify your family on the coldest day

POTATO SHRIMP SOUP

4 medium potatoes
2 tablespoons butter
1 tablespoon flour
1 cup milk
1 cup potato water
½ teaspoon salt
Dash pepper
1 (5¾-ounce) can shrimp, cleaned and chopped
Minced parsley

Pare potatoes and cook in boiling salted water until tender. Drain and press through a ricer. Melt butter, blend in flour and add milk gradually, stirring until mixture is smooth. Add potatoes, potato water, salt and pepper. Simmer about 5 minutes. Add shrimp and heat to boiling. Garnish with minced parsley. For 4.

A new and intriguing combination: succulent shrimp in a purée of potato soup

OXTAIL SOUP

1 oxtail
1 tablespoon butter
1 large onion, chopped
3 pints stock
½ cup chopped tomatoes
1 cup claret
1 carrot, cut into thin slices
1 stalk celery, cut into thin slices
1 sprig thyme
2 sprigs parsley
1 bay leaf
1 tablespoon Worcestershire sauce
6 peppercorns, Salt

Wash oxtail well and split into small joints. Melt butter, add pieces of tail and when beginning to brown, add chopped onion. Fry until onion is a deep gold, then add stock, tomatoes and claret with carrot, celery, thyme, parsley and bay leaf, tied in a cheesecloth bag. Season with Worcestershire sauce, crushed peppercorns and salt and heat to boiling. Cook in deep well of range or fireless cooker 8 hours or simmer on top of stove until meat is tender, about 3 hours. Remove herbs. Separate oxtail meat from bones, reheat and serve a little meat in each plate of soup. Serves 6.

Use brown stock instead of plain stock, omit wine and add 1 tablespoon lemon juice.

SOYBEAN VEGETABLE SOUP

½ cup chopped celery
1 small onion, chopped
2 cups water
1 tablespoon cornstarch
¼ teaspoon pepper
1 teaspoon salt
2 cups tomato purée
2 cups mashed soybeans

Cook celery and onion in water until tender. Mix cornstarch and seasonings with tomato purée. Combine all ingredients, simmer 20 minutes. Serves 6 to 8.

OYSTER CHOWDER

1 quart oysters
1 cup diced celery
2 cups cooked rice
Salt and pepper
1 cup boiling water
2 egg yolks, well beaten
1 cup milk

Drain oysters, and chop, reserving liquor. Arrange alternate layers of celery, rice and oysters in kettle; season with salt and pepper. Add water and oyster liquor; simmer ½ hour. Mix egg yolks with milk and add to chowder. Heat only a few minutes. If allowed to boil after adding egg, it will curdle. Serves 6.

LIMA BEAN CHOWDER

½ cup diced salt pork
1 onion, sliced
2 cups diced potatoes
1 cup boiling water
2 cups cooked Lima beans
4 tablespoons melted fat
4 tablespoons flour
3 cups hot milk, 1 teaspoon salt
⅛ teaspoon pepper

Cook salt pork 5 minutes; add onion and cook until tender. Add potatoes and boiling water, cook until potatoes are tender; add beans. Blend fat and flour, stir until smooth; add milk and cook, stirring constantly, until slightly thickened. Combine with bean mixture; season. Serves 6.

NAVY BEAN SOUP

1 ham hock
3 quarts water
1 stalk celery, diced
1 cup minced onion
1 pod red pepper, if desired
4 cups cooked navy beans

Simmer ham hock 3½ to 4 hours or until tender. Remove bone and skin; dice meat for soup. Add water to make 3 quarts. Add celery, onion, pepper and beans; cook 30 minutes longer. If desired, purée beans. Serves 12.

Egg yolks beaten into this oyster rice chowder make it a meal in itself

SOUTHERN JUGGED SOUP

6 potatoes, sliced
1 onion, sliced
6 tomatoes or 2 cups cooked tomatoes
1 turnip, diced
2½ cups peas
1 carrot, grated
¼ cup uncooked rice
1 tablespoon salt
1 tablespoon sugar
½ teaspoon pepper
⅛ teaspoon allspice
2 quarts soup stock

Arrange vegetables, rice and seasonings in alternate layers in the bottom of a casserole. To make the soup stock; boil bones of cold chicken, roast meat or steak with trimmings in 3 quarts of water, until liquid is reduced to 2 quarts. Strain. Cool broth and pour over vegetables. Cover and seal, using tape or muslin, to keep in the steam. Set casserole in a pan of hot water. Place in slow oven (300°F.) and cook 4 to 6 hours. Serves 8 to 10.

SOYBEAN SOUP

1 cup dried soybeans
1 teaspoon chopped onion
½ teaspoon fat
1 tablespoon flour
2 cups cold water
1½ cups cooked tomatoes
1 teaspoon salt
⅛ teaspoon pepper
⅛ teaspoon paprika

Wash beans and soak overnight. Simmer 6 hours, adding more water as needed. Mash beans and add to soup. Sauté onion in fat; blend in flour. Add remaining ingredients. Serves 6.

SWEDISH PEA SOUP

2 cups yellow peas
3 quarts water
1 pound pork, cubed
¼ teaspoon ginger
2 teaspoons salt

Soak peas overnight, drain, add water and cook 1 hour. Add pork and simmer 2 hours or until pork is tender. Add seasonings. Serve hot. Serves 6.

SALADS

JELLIED VEAL LOAF

1 (10½-ounce) can condensed chicken soup
3 cups ground cooked veal
2 teaspoons unflavored gelatin
2 tablespoons water
¾ teaspoon salt
⅛ teaspoon pepper
1 hard-cooked egg, sliced
5 stuffed olives, sliced

Strain chicken soup and heat broth. Mix rice, chicken and celery from soup with veal and grind. Soften gelatin in cold water 5 minutes; dissolve in hot broth; mix with ground meat mixture, salt and pepper. Cool until beginning to thicken. Arrange egg and olive slices in bottom of loaf pan. Pour meat mixture on garnish; chill until firm. Unmold on lettuce or greens. Serves 6.

To have pattern show, pour a thin layer of clear gelatin on bottom of pan. When firm arrange egg and olives on it and cover with ¼-inch layer of clear gelatin. Combine remaining gelatin as above.

Egg and olive slices, glimmering under aspic, dress up the veal from yesterday's roast

HAM AND SWEET-POTATO SALAD

3 cups diced cooked sweetpotatoes
1 cup chopped celery
1 small red chili pepper, minced
1 cup cubed cooked ham
¼ cup French dressing
Lettuce or watercress
Mayonnaise

Marinate sweetpotatoes, celery, chili pepper and ham in French dressing 30 minutes. Serve on lettuce or watercress. Garnish with mayonnaise, and deviled eggs if desired. Serves 6.

PORK AND APPLE SALAD

1 cup chopped celery
1½ cups diced apples
1 green pepper, shredded
¼ teaspoon salt
¼ cup chopped pecans
2½ cups diced cooked lean pork
4 tablespoons mayonnaise

Combine all ingredients and chill until very cold. Serve in crisp lettuce cups. Serves 6 to 8.

HAM AND APPLE—Use diced cooked ham instead of pork. Use French dressing instead of mayonnaise. Toss together.

ASPIC ENTRÉES

1 tablespoon unflavored gelatin
¼ cup cold water
1½ cups hot seasoned stock

Soften gelatin in cold water. Dissolve in hot stock. Add any of following mixtures when gelatin begins to thicken. Pour into desired mold and chill until firm. Unmold and garnish with vegetable curls or cups, radish roses, endive or parsley.

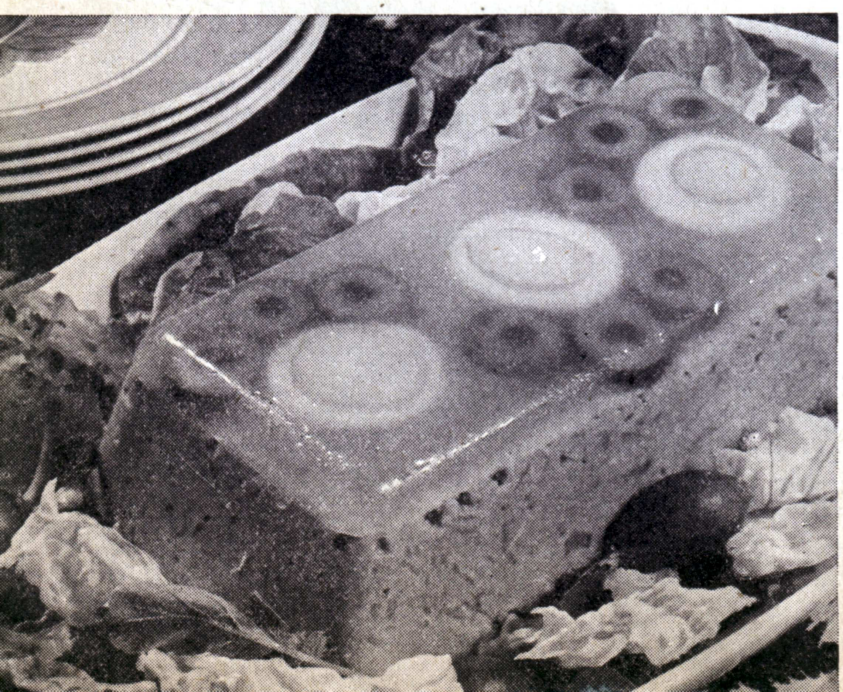
JELLIED BOUILLON WITH FRANKFURTERS—Use beef stock; place frankfurters upright add hard-cooked eggs, sliced and diced celery.

LUNCHEON RING—Use beef stock, 1½ cups chopped corned beef, ¼ cup sliced stuffed olives, 1 tablespoon each chopped green pepper and onion. Pour into ring mold and chill.

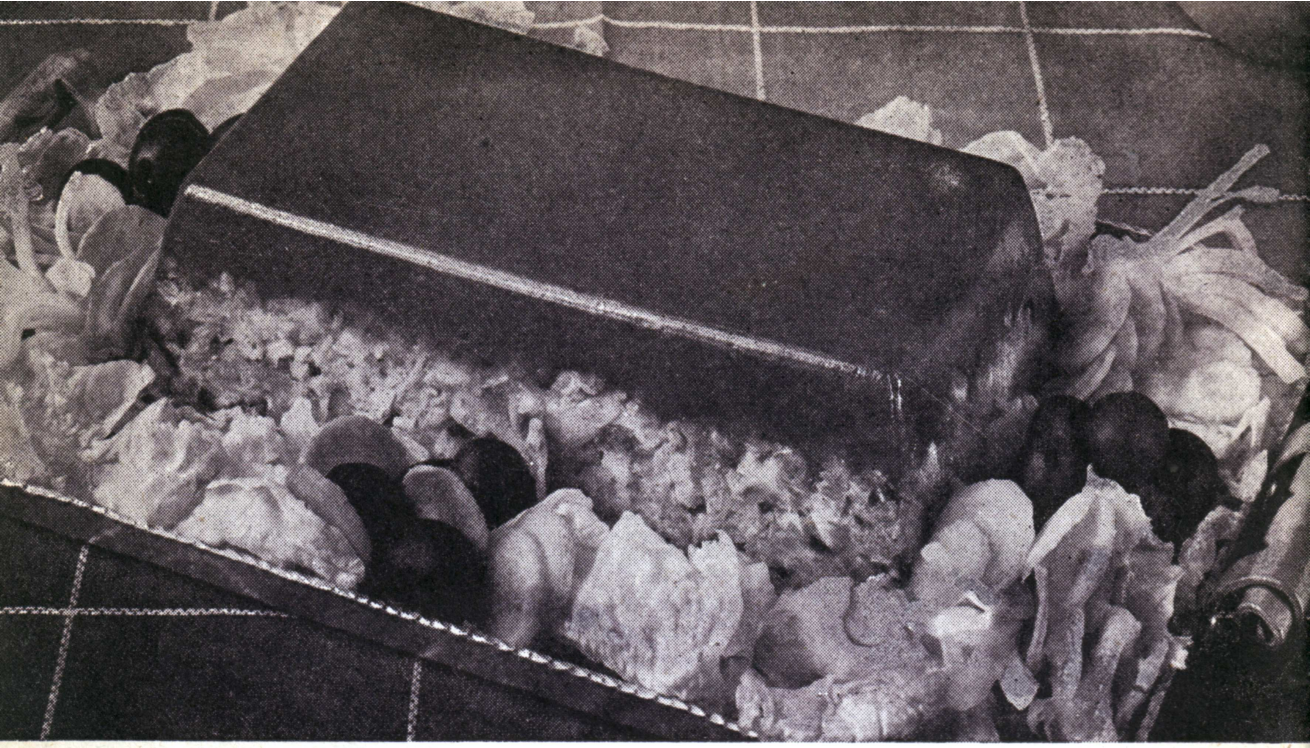
SALAD MOUSSE

2 (10½-ounce) cans condensed chicken soup
2 eggs, separated
1 tablespoon unflavored gelatin
¼ cup cold water
1½ cups diced cooked carrots
½ cup diced celery or cucumber
1 cup cooked peas
¾ cup salad dressing

Heat soup, add to egg yolks gradually and cook until slightly thickened. Soften gelatin in cold water 5 minutes; dissolve in hot soup mixture. Chill until beginning to thicken; fold in carrots, celery, peas, beaten egg whites and salad dressing. Pour into mold and chill until firm. Remove from mold and serve on salad greens, or garnished with celery hearts and stuffed olives. Serves 8.



This velvety salad mousse molded in a ring calls for no meat; but you'll get curtain calls just the same ➔



The ruby sheen of jellied cranberries high-lights this holiday supper loaf of molded chicken in a happy combination of color and flavor

HAM FRUIT MOLD

½ cup raisins
2 tablespoons sugar
2 cups cider or water
2 cloves
1 package orange gelatin
3 tablespoons orange marmalade
1½ cups chopped cooked ham

Boil raisins, sugar, cider and cloves 1 minute. Add gelatin and stir until dissolved. Remove cloves and add marmalade. Chill; when beginning to thicken add ham. Pour into molds and chill until firm. Serve in lettuce cups with salad dressing. Serves 6.

ROAST BEEF SALAD

1 cup diced cooked beef
2 hard-cooked eggs, sliced
2 tomatoes, quartered
1 small head lettuce
French dressing or mayonnaise

Toss first 3 ingredients together. Serve on lettuce with French dressing or mayonnaise. Serves 6. Use diced cooked ham, tongue, or corned beef instead of beef.

SUPPER PLATTER

2 cups cottage cheese
12 split celery stalks, curled at one end
6 tomatoes stuffed with coleslaw
18 thin half-slices cucumber
6 slices cold cooked chicken
6 slices cold spiced tongue
6 deviled-egg halves

Arrange on large glass chop plate as follows:
In center, pile cottage cheese in a mound. Around this stand celery stalks upright in circle, with curled ends on top. Arrange border of stuffed tomatoes alternating with groups of cucumber half-slices. For outer border arrange 6 groups of 2 meat slices alternating with deviled egg halves. Garnish with watercress. Serves 6.

Use cold baked ham and cold roast beef or lamb instead of chicken and tongue.

Use summer sausage and liver sausage instead of chicken and tongue.

Use coleslaw instead of cottage cheese in center. Stuff tomatoes with cottage cheese instead of coleslaw.

MOLDED CHICKEN CRANBERRY LOAF

Part 1

1 (1-pound) can or jar jellied cranberry sauce
½ cup water
1 tablespoon unflavored gelatin
2 tablespoons cold water

Crush cranberry sauce with fork; add water and heat. Soften gelatin in cold water 5 minutes; dissolve in hot cranberry sauce. Pour into loaf pan which has been dipped in cold water. Chill until firm.

Part 2

2 teaspoons unflavored gelatin
½ cup cold water
2 cups diced cooked chicken
½ cup diced celery
¼ cup minced green pepper
½ teaspoon salt

Soften gelatin in cold water 5 minutes; dissolve over boiling water. Add chicken, celery, green pepper and salt. Pour on top of firm cranberry jelly. Chill until firm; unmold. Garnish with olives and lettuce cups filled with mayonnaise. Serves 6.

BOSTON BAKED BEANS

2½ cups pea beans
1 onion, sliced; ½ clove garlic
½ pound salt pork, cubed
1 tablespoon salt
1 teaspoon dry mustard
½ cup molasses
¾ cup hot bean stock
1 teaspoon paprika

Wash beans and soak overnight; drain; cover with water, add onion, heat to boiling and simmer about 1 hour, or until skins break. Drain and reserve bean stock. Place in casserole or bean pot rubbed with garlic. Bury salt pork cubes in beans. Mix salt, mustard, molasses, bean stock and paprika. Pour over beans; add bean stock to cover. Cover and bake in slow oven (275°F.) 5 to 6 hours. Add hot bean stock as needed but do not stir. Uncover during last 30 minutes to brown. Serves 10.

VERMONT—Use maple sirup instead of molasses.

BAKED BEANS WITH TOMATO SAUCE

2½ cups pea beans
½ cup chopped onion
1 cup cooked tomatoes
½ cup brown sugar
1 tablespoon salt
¼ cup bacon fat
1 teaspoon paprika
1 cup bean stock
6 slices bacon

Wash beans and soak overnight; drain; cover with water and heat to boiling; simmer 1 hour, or until skins break. Drain, reserving bean stock. Place beans in casserole or bean pot. Mix remaining ingredients, except bacon. Pour over beans, stirring until thoroughly mixed. Add bean stock to cover. Cover casserole and bake in slow oven (275°F.) 5 to 6 hours. Add additional bean stock if necessary. Remove cover and place strips of bacon on top of beans. Bake in moderate oven (350°F.) 30 minutes to brown bacon. Serves 8.

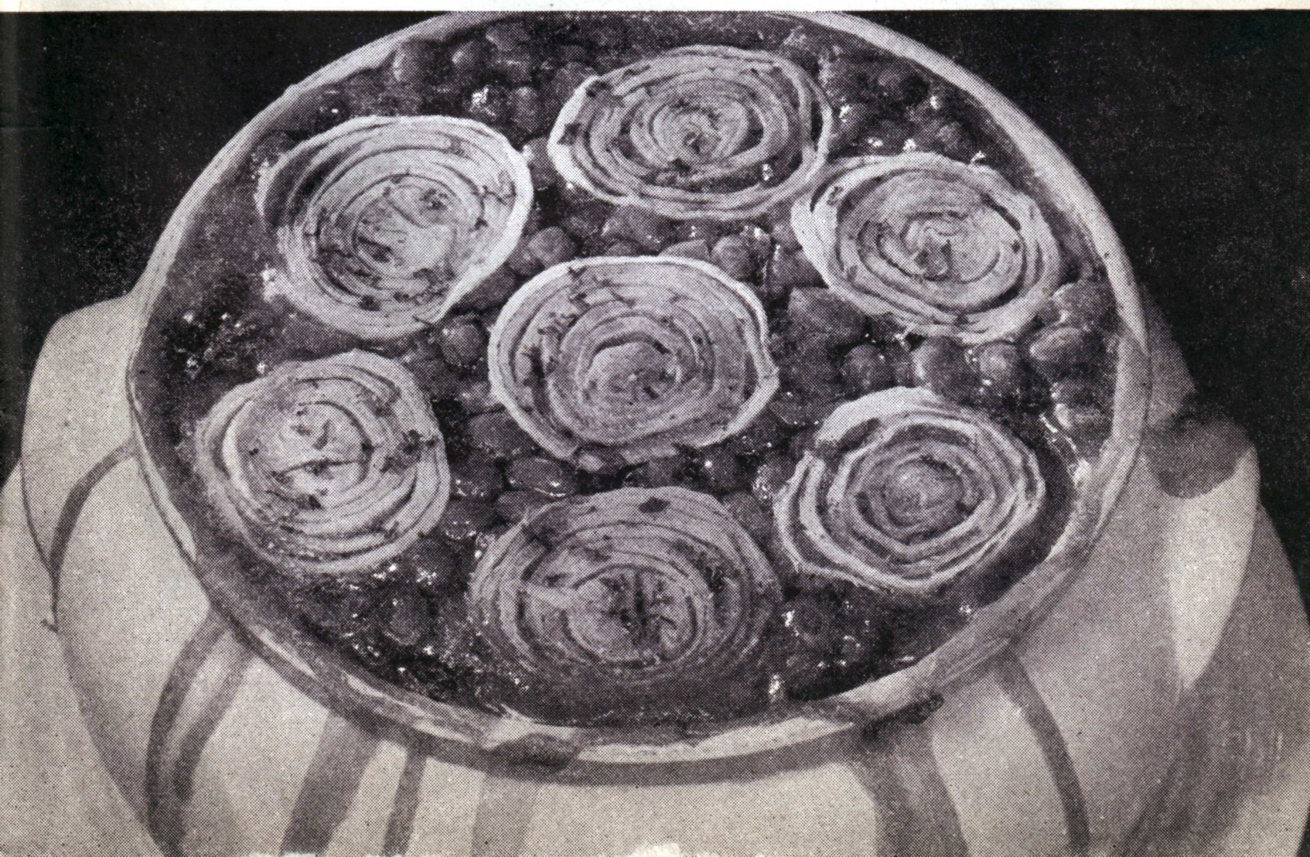
VEGETARIAN STYLE BEANS—Omit bacon and use ¼ cup butter. Use granulated sugar instead of brown sugar.

BAKED LIMA BEANS

3 cups dried Lima beans
1 teaspoon salt
⅓ cup catchup
2 cups water
8 slices bacon or salt pork
¼ cup brown sugar

Wash beans and soak overnight; cover with water and simmer 2 to 3 hours, or until tender; drain. Place beans in casserole with salt, catchup and water listed; cover. Bake in slow oven (275°F.) 1 hour. Roll bacon in sugar, arrange on top of beans and return to oven. Do not cover. Continue baking 20 to 30 minutes, or until bacon is browned. Serves 8.

It's the unusual touch — such as onion slices baked atop the Boston beans — that makes your reputation as an original hostess



BAKED SOYBEANS

2½ cups (1 pound) dried soybeans
½ pound salt pork, cubed
1 teaspoon dry mustard
1 teaspoon Worcestershire sauce
2 teaspoons salt
⅛ teaspoon cayenne
½ cup molasses
3 cups bean stock

Wash beans and soak at least 12 hours, preferably 24 hours. Drain. Cover with cold water, simmer 3 hours, and drain reserving bean stock. Place in bean pot or casserole, add salt pork. Mix remaining ingredients and pour over beans. Cover and bake in slow oven (275°F.) 6 to 8 hours. Add additional bean stock, if necessary. Serves 10 to 12.

FRANKFURTERS — Use ½ cup bacon fat instead of salt pork. Slice 3 frankfurters into ½-inch slices, place on top of beans. Remove cover last 20 minutes of baking to brown frankfurters.

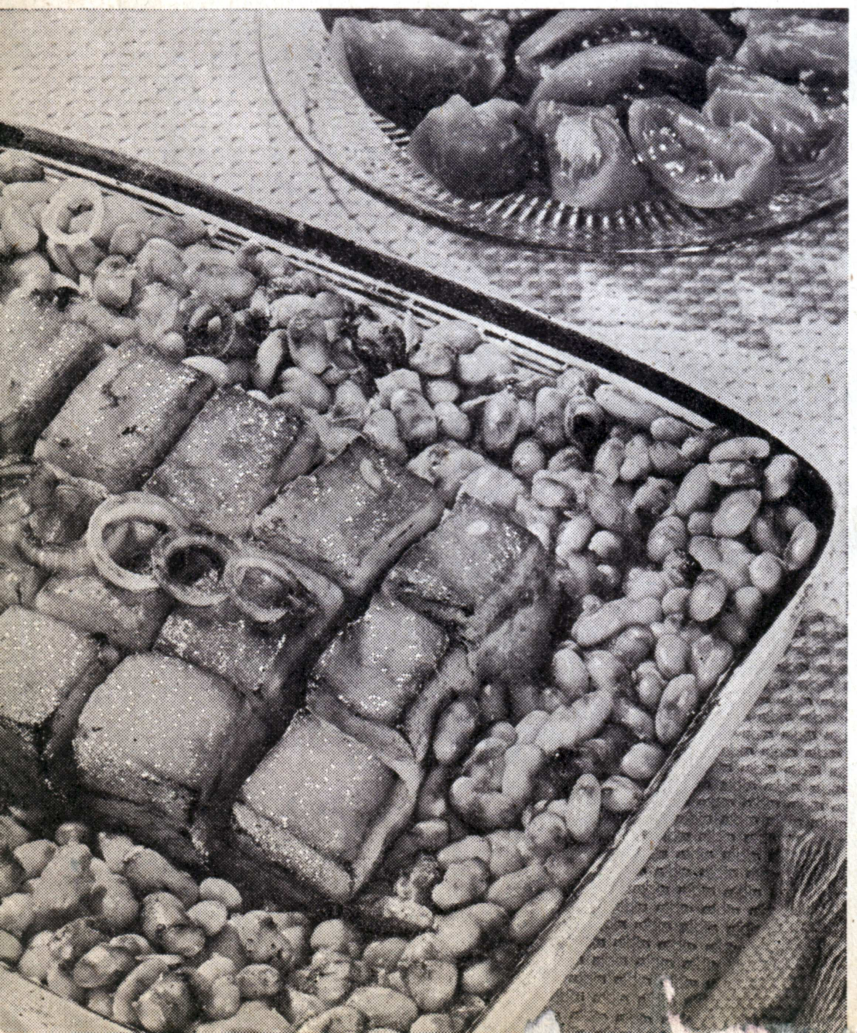
BOILED SOYBEANS AND SALT PORK

1 cup dried soybeans
1 teaspoon salt
1 cup cubed salt pork

Wash soybeans, soak overnight, drain and cover with water. Simmer 6 hours. Add additional water as needed. Add salt and salt pork, simmer 2 hours longer. Serves 6.

If using a pressure cooker cook beans 2 hours.

Mashed or chopped cooked soybeans may be used in meat loaves, stuffing, croquettes or sausage.



SOYBEAN RING

1 tablespoon cornstarch
⅛ teaspoon curry powder
1 teaspoon salt
½ teaspoon pepper
½ cup milk
2 cups boiled soybeans, mashed
1 cup bread crumbs
1 cup chopped cooked celery

Mix cornstarch, curry powder, salt and pepper with milk; cook until thickened. Mix with remaining ingredients. Place in greased ring mold, bake in moderate oven (350°F.) 1 to 1½ hours. Serves 6.

SOYBEAN ROLL

2 cups cold boiled soybeans, ground
1 cup bread crumbs
2 tablespoons catchup
1 egg, beaten
1 tablespoon minced onion
1 teaspoon salt
⅛ teaspoon pepper

Combine all ingredients. Shape into roll or loaf. Bake in moderate oven (350°F.) 1 to 1½ hours. Serves 6.

SALTED SOYBEANS

Wash soybeans. Soak overnight, drain. Cover with water and cook 1 hour. Drain and cool. Fry in deep fat (340°F.) 8 to 10 minutes or until browned. Salt well and drain.

SUNDAY SUPPER

¾ pound frankfurters
2½ cups cooked kidney beans
1 green pepper, chopped
Salt

Cut frankfurters into 1-inch slices and combine with beans and green pepper in saucepan. Cover and simmer 15 to 20 minutes or until pepper is tender. Add salt. Serves 6.

Browned fat cubes of rich salt pork go well on top the soybeans—and even better when adorned with onion rings

RANCH STYLE LIMAS

3 cups cooked Lima Beans
1½ cups Tomato Sauce
6 slices bacon

Place Limas in baking dish, cover with tomato sauce. Arrange thin slices of bacon over top. Bake in hot oven (375°F.) 30 minutes or until bacon is crisp and browned. Serves 6.

SOYBEAN SOUFFLÉ

3 eggs, separated
3 cups mashed cooked soybeans
1 tablespoon minced onion
2 tablespoons minced parsley
½ teaspoon salt
¼ teaspoon pepper

Beat yolks and add to other ingredients. Mix thoroughly. Fold in stiffly beaten egg whites. Pour into greased baking dish. Bake in moderate oven (350°F.) 30 minutes. Serve at once. Serves 6.

ECONOMY CROQUETTES

Croquettes usually consist of chopped cooked meat and vegetables in the form of rolls, patties, cones, etc. bound together and "stretched" by the use of assorted fillers such as eggs, white sauce, rice, mashed beans, bread crumbs and the like. Croquettes may be cooked in ¼ to ½ inch of hot fat in a skillet, browned in a small amount of fat in the oven or deep-fat fried. Any cooked meat, poultry or fish may be used. Croquettes are not only economical but a popular addition to the menu.

Do not have the consistency of the mixture too soft. It should hold its shape before sautéing. Soft croquettes absorb fat.

Do not carry the filler idea to the extreme. Enough meat is necessary to provide flavor. Never use more than ½ filler.

Use eggs in the mixture when possible. They add to the nutritive value and provide better texture.

Vary the breading mixture. Use batter, crumbs and corn meal interchangeably.

Sauté croquettes quickly.

Do not allow a croquette mixture to stand. Brown as soon as mixed or chill until needed.

Use meat stock for liquid when available.

Vary the shape of the croquettes. Leftover or fresh vegetables may be included in the mixture for croquettes. This provides a convenient way to serve some vegetables.

Use onions, celery, garlic or spices to vary the flavor. Flavor with care.

SOYBEAN CROQUETTES

2 cups boiled soybeans
½ cup ground celery, stalk and top
½ cup grated cheese
1 teaspoon salt
¼ teaspoon pepper
1 egg, beaten
½ tablespoon water
¼ cup corn meal

Grind soybeans, celery and cheese together. Add salt, pepper and ½ the egg. Shape into croquettes, dip in remaining egg mixed with water, and roll in corn meal. Place in greased pan and bake in moderate oven (350°F.) 20 to 30 minutes or until browned. Serves 6.

CHICKEN OR TURKEY CROQUETTES

2 tablespoons fat
¼ cup flour
1 cup milk
1½ cups chopped cooked chicken or turkey
3 tablespoons minced parsley
2 tablespoons grated onion
1 teaspoon salt
1 teaspoon paprika
1 egg, beaten
1 cup fine dry bread crumbs

Make white sauce by combining fat, flour and milk. Add chicken, parsley, onion, salt and paprika. Mold into cone shaped croquettes. Dip in egg and roll in bread crumbs. Sauté in small amount of fat until browned. Serves 6.

If desired, add 1 cup chopped mushrooms or ½ cup finely chopped blanched almonds or use chicken stock instead of milk.

The rancher's special; Limas baked with bacon and tomatoes will surely bring plates back for more

HAM CROQUETTES

6 tablespoons fat
⅓ cup chopped onion
¼ cup chopped celery
1 tablespoon minced parsley
3 tablespoons flour
1 cup milk or meat stock
½ teaspoon salt
¼ teaspoon pepper
3 cups chopped cooked ham
1½ cups bread crumbs
2 eggs, slightly beaten

Heat 2 tablespoons fat, add onion, celery, and parsley; simmer until tender. Blend in flour. Add milk gradually, stirring constantly and cook until thickened. Remove from heat; stir in salt, pepper, ham, crumbs, and eggs. Chill until ready to use. Shape into cylinders, balls or patties. Dip in milk, roll in cracker crumbs. Sauté in remaining fat until browned. Serves 6 to 8.

BEEF—Use beef instead of ham and, if desired, add 1 cup minced cooked carrots, string beans or Lima beans.

LAMB—Use lamb instead of ham; add ¼ clove garlic, mashed.

VEAL—Use veal instead of ham.

ILLINOIS CROQUETTES

3 tablespoons chopped onion
1 tablespoon fat
1 cup boiled soybeans
2 cups cooked rice
½ teaspoon salt
⅛ teaspoon pepper
¼ teaspoon savory meat sauce
⅛ teaspoon paprika
1 egg, slightly beaten
½ cup corn meal

Brown onion in fat. Grind soybeans, add onions, rice and seasonings. Shape into croquettes, dip in egg, and roll in corn meal. Place in greased pan. Bake in hot oven (400°F.) 30 minutes. Serve with tomato sauce. Serves 6.

All those bits of meat you've saved can be combined with eggs and crumbs to make croquettes an end-of-the-month special

BEAN CROQUETTES

½ cup dried lentils
¼ cup dried Lima beans
½ small onion
1 stalk celery
3 slices carrot
1 sprig parsley
½ cup dry bread crumbs
2 eggs
½ teaspoon salt
⅛ teaspoon pepper
1 tablespoon butter
1 tablespoon flour
⅓ cup hot cream
Fine dry bread crumbs

Soak lentils and beans overnight in cold water to cover. Drain; add 3 pints water, onion, celery, carrot and parsley. Cook until lentils and beans are tender; drain and rub through sieve. Add crumbs, 1 egg, salt and pepper and mix well. Melt butter, add flour and mix well. Add cream gradually and cook until thickened, stirring constantly. Combine mixtures and cool. Stir until thick and smooth. Shape into croquettes, dip into remaining egg, then into crumbs and sauté in a small amount of hot fat until browned. Drain on absorbent paper. Serve with mushroom sauce. Serves 6.

LIMA BEAN CROQUETTES

1 cup dried Lima beans
⅔ cup minced onions
¼ cup minced celery
2 tablespoons chopped green pepper
1 teaspoon minced parsley
1 teaspoon salt
1 egg, beaten
1 teaspoon Worcestershire sauce
4 tablespoons fat

Wash beans and soak overnight; cover with water and simmer 2 to 3 hours, or until tender. Drain, cool and mash. Add remaining ingredients, except fat, and mix thoroughly. Shape into croquettes. Sauté in hot fat until browned. Serves 6.

BAKED FISH

Fish weighing 3 to 5 pounds may be baked with head and tail removed or not as desired. Clean fish, dry and rub with salt inside and out. Stuff, if desired, and place on piece of heavy paper on baking sheet or platter. Bake in very hot oven (450°F.) 10 to 15 minutes or until browned. Reduce temperature to hot (400°F.) and bake 30 to 45 minutes longer. Allow 10 minutes per pound for first 4 pounds and 5 minutes for each additional pound. Baste lean fish every 10 minutes or cover with thin slices of fat salt pork or bacon; do not baste fat fish. To serve, lift fish with paper and slide onto platter.

BROILED FISH

FILLETS—Cook as for slices or sprinkle with flour after oiling and seasoning. Frozen fillets should not be thawed before broiling. Serve broiled fish with melted butter or any desired sauce.

SLICES—Brush with oil, season, place on broiler 3 inches from heat and broil 10 to 12 minutes or until browned.

WHOLE FISH—Remove head and tail if desired, split and clean. Wipe dry, sprinkle with salt and pepper; place, flesh side up, on greased broiler 3 inches from heat. Broil 10 minutes, or until browned. Turn and broil just long enough to brown skin.

FISH CEREAL CASSEROLE

4 cups hot cooked cereal
2 cups cooked fish
2 tablespoons fat
1 tablespoon flour
1 cup hot milk
Salt, if needed

Arrange alternate layers of cereal and fish in greased baking dish. Blend fat and flour, add to milk and cook slowly until thickened. Pour sauce over mixture and bake in a moderate oven (350°F.) 20 minutes. Serves 8.

RED SNAPPER STUFFED WITH SHRIMP

1 recipe Fish Stuffing
3½-pound red snapper
1 pound boiled shrimp
1 clove garlic
3 tablespoons fat, melted

Place stuffing in fish where back bone and entrails have been removed. Cover with shrimp. Let garlic stand in fat a few minutes; remove garlic; spread fat over shrimp. Sew edges of fish together. Bake as directed for Baked Fish. Serves 6.

If desired, use crab meat instead of shrimp.

SCALLOPED OYSTERS

3 cups cracker crumbs
½ teaspoon salt
Dash pepper
Dash paprika
½ cup melted fat
1½ pints oysters, drained
½ cup oyster liquor
½ cup milk

Combine crumbs, salt, pepper and paprika. Add fat and toss lightly to mix well. Arrange ⅓ of crumbs in bottom of greased baking dish. Arrange ½ of oysters on crumbs. Repeat. Combine oyster liquor and milk and pour over oysters. Top with remaining crumbs. Bake in hot oven (400°F.) 30 minutes. Serves 6.

If desired, use bread crumbs and 1 teaspoon grated onion.

Scalloped oysters, an old time family favorite, come into their own again

CHEESE AND CORN PUDDING

¼ cup minced green pepper
2 tablespoons fat
3 eggs, separated
1 cup whole-kernel corn
2 cups scalded milk
½ teaspoon salt
1½ cups bread cubes
2 cups grated American cheese

Cook pepper in fat until tender. Beat egg yolks and blend with all ingredients except egg whites. Be sure that yolks are evenly distributed. Beat egg whites until stiff and fold into mixture. Turn into greased baking pan. Bake in slow oven (325°F.) 45 minutes. Serves 6 to 8.

CHEESE OMELET A LA LOUISIANNE

6 eggs, separated
2 cups Medium White Sauce
2 tablespoons fat
¾ cup grated Cheddar cheese

Beat egg yolks until thick and lemon colored. Beat in 1 cup white sauce. Beat egg whites until stiff but not dry, fold into first mixture. Melt fat in heavy skillet but do not brown or omelet may stick. Pour in egg mixture. Cook over very low heat about 10 minutes or until puffy and light brown underneath. Place pan in moderate oven (350°F.) 10 to 15 minutes or until top is dry. Do not overcook or omelet will shrink and be tough. Add cheese to remaining sauce and heat in double boiler until cheese melts. Remove omelet from pan, fold at center. Serve with cheese sauce, sprinkle with cayenne or paprika. Serves 6.

MEXICAN CHEESE SCRAMBLE

2 cups grated cheese
2 tablespoons melted fat
1 cup cooked corn
1 green pepper, minced
1 egg, slightly beaten
1 teaspoon salt
½ teaspoon paprika
½ cup tomato purée

Melt cheese and fat. Add remaining ingredients. Heat thoroughly and serve on toast. Serves 6.

CHEESE AND NOODLES

1 (4-ounce) package broad noodles
⅓ cup cracker crumbs
1 egg, slightly beaten
1 cup grated cheese
1 teaspoon grated onion
¼ teaspoon paprika
1 tablespoon melted fat
1 cup milk
1 tablespoon chopped green pepper

Cook noodles in boiling salted water 15 minutes; drain; rinse with hot water. Mix noodles with crumbs, egg, cheese, onion, paprika, fat, milk and green pepper. Turn into greased casserole. Bake in moderate oven (350°F.) about 30 minutes. Serves 8.

If desired, arrange sliced frankfurters on top of noodle mixture before baking.

QUICK CHEESE CASSEROLE

1 egg, slightly beaten
2½ cups milk
⅓ cup peanut butter
½ teaspoon salt
⅛ teaspoon pepper
1½ cups cooked rice
1 cup grated cheese
1 green pepper, chopped
1 small onion, chopped
2 tablespoons chopped pimiento
½ cup chopped celery
½ cup bread crumbs

Blend first 5 ingredients. Add remaining ingredients and mix thoroughly. Place in greased casserole. Bake in moderate oven (350°F.) 30 minutes or until browned. Serves 6 to 8.

A nourishing cheese noodle casserole garnished with border of frankfurter slices

OVEN-FRIED CHICKEN

3- to 3½-pound frying chicken
1 cup flour
1 tablespoon salt
1 egg
2 tablespoons water
1 cup bread crumbs
½ cup fat

Cut chicken into serving portions. Mix flour and salt. Beat egg with water. Roll chicken in flour, in egg and in crumbs. Brown on all sides in a skillet in hot fat. Transfer to a baking dish, cover tightly and bake in a moderate oven (350°F.) 1 to 1½ hours or until tender. Serves 4 to 6.

TURKEY-CHICKEN LOAF

1 (10½-ounce) can condensed chicken soup
1 cup diced cooked turkey
1½ cups soft bread crumbs
1 tablespoon chopped pimiento
1 tablespoon chopped parsley
½ teaspoon salt
2 eggs, slightly beaten

Strain rice, celery and chicken from soup. Combine with turkey and grind. Add bread crumbs, chicken broth, pimiento, parsley, salt and eggs. Bake in greased loaf pan in moderate oven (350° F.) 45 to 60 minutes or until firm. Garnish with grilled apricots or grilled apple rings. Serve hot or cold. Serves 4 or 5.

CHICKEN AND ASPARAGUS

2 tablespoons fat
1 tablespoon flour
Salt, Pepper, Paprika
2 cups cream or evaporated milk
1 egg, beaten
1½ cups diced cooked chicken
2½ cups cooked asparagus tips, cut into 2-inch lengths
2 tablespoons chopped pimiento

Melt fat, add flour and seasonings. Add cream and cook until slightly thickened, stirring constantly. Pour over egg and blend. Add chicken, asparagus tips and pimiento and heat thoroughly. Serve on hot toast. Serves 6.

This may be placed in casserole with ½ cup buttered bread crumbs sprinkled over top; brown in the oven.

One cup cooked broccoli cut into 2-inch pieces may be used instead of asparagus.

Chicken or rabbit fried in the oven is everybody's favorite—and adds an extra hour to your time budget

BAKED HALF CHICKEN

½ (5- to 6-pound) chicken
1 recipe Chicken Stuffing
Melted fat

Simmer chicken in seasoned water until tender, 2 to 3 hours. Arrange stuffing to keep outline of chicken in bottom of greased shallow pan. Press cooked chicken, cut side down, on stuffing. Brush chicken with melted fat. Bake uncovered in hot oven (400°F.) 30 minutes or until chicken is browned. Serves 4.

POULTRY SOUFFLÉ

2 tablespoons fat
2 tablespoons flour
⅛ teaspoon pepper
1 teaspoon salt
¼ teaspoon paprika
1½ cups milk or stock
½ cup soft bread crumbs
3 eggs, separated
2 cups chopped cooked turkey, chicken, goose or duck
1 teaspoon lemon juice
Chopped parsley, green or red pepper or pimiento

Melt fat, blend in flour, pepper, salt and paprika. Add milk and cook until thickened, stirring constantly. Add crumbs, beaten egg yolks, poultry and lemon juice. Cool. Fold in stiffly beaten egg whites and remaining seasonings. Pour into greased mold or individual cups. Set in pan of hot water and cook in moderate oven (350° F.) 20 to 35 minutes or until firm. Serve with white or mushroom sauce. Serves 8.

Chopped mushrooms may be added to the mixture before cooking.

The luscious modern way: split or buy the chicken split in half, press down on stuffing and bake

CREAMED CHICKEN AND MUSHROOMS

2 tablespoons fat, melted
2 tablespoons flour
½ teaspoon salt
¼ teaspoon pepper
1 cup milk
1 cup cooked, sliced mushrooms
2 cups diced cooked chicken

Blend fat, flour, salt and pepper. Add milk and cook until thickened, stirring constantly. Heat to boiling; add mushrooms and chicken; cook 3 minutes. Serve hot on waffles. Serve with peas and pimiento strips. Serves 6.

RABBITS

Young rabbits have a delicate flavor somewhat similar to chicken and the recipes may be used interchangeably. Buy ONLY domestic rabbits, cleaned and dressed.

A southern supper special—creamed chicken and mushrooms served on waffles, with border of garden peas

FRIED RABBIT

3-pound rabbit, cut into serving pieces
1 cup flour
1 teaspoon salt
½ teaspoon pepper
1 cup fat

Dredge rabbit with flour, salt and pepper. Brown in hot fat. Reduce heat and cook slowly until tender, about 30 minutes, turning frequently. Serves 4.

RABBIT FRICASSEE

3-pound rabbit, cut into serving pieces
1 onion, sliced
2 cloves
1 carrot, chopped
½ cup chopped celery
4 cups water
1 teaspoon salt
½ teaspoon pepper
2 tablespoons cornstarch

Combine all ingredients, except cornstarch; cover tightly and simmer 1½ hours, or until rabbit is tender. Remove meat from bones and return to liquid. Mix cornstarch with ½ cup of the liquid; add to stew; cook until thickened. Serve on toast. Serves 6.

RABBIT PIE

3-pound rabbit, cut into serving pieces
⅔ cup flour
1 teaspoon salt
6 tablespoons fat
1 medium onion, minced
¼ teaspoon pepper
2 cups water
1 cup sour cream
2 cups mashed sweetpotatoes
2 tablespoons corn sirup
¼ teaspoon cinnamon

Dredge rabbit with ½ cup of flour and salt; brown in 4 tablespoons hot fat. Place in casserole; add onion, pepper and remaining flour mixed with water. Cover and bake in moderate oven (350° F.) 1 hour. Add sour cream, cover with sweetpotatoes and remaining ingredients. Dot with remaining fat. Bake, uncovered, 30 minutes. Serves 8.

WHITE SAUCE

THIN—
1 tablespoon fat
1 tablespoon flour
½ teaspoon salt
⅛ teaspoon pepper
1 cup milk.

MEDIUM—
2 tablespoons fat
2 tablespoons flour
½ teaspoon salt
⅛ teaspoon pepper
1 cup milk

THICK—
4 tablespoons fat
4 tablespoons flour
½ teaspoon salt
⅛ teaspoon pepper
1 cup milk

Melt fat and blend in flour, salt and pepper. Add milk gradually, stirring constantly until mixture thickens, then cook 2 to 3 minutes longer. Makes 1 cup.

CHEESE—Add ¾ cup grated sharp American cheese to hot Medium Sauce. Stir until cheese is melted. Do not cook.

BARBECUE SAUCE

¾ cup chopped onions
¼ cup vinegar
1 tablespoon sugar
¾ cup catchup
1 cup water
3 tablespoons Worcestershire sauce
2 teaspoons salt
1 teaspoon dry mustard
2 drops Tabasco sauce, if desired

Combine all ingredients and mix thoroughly. Use with short ribs or spareribs. Makes 2¾ cups.

CREOLE SAUCE

1 medium onion, diced
2 cloves garlic, minced
1 pimiento, diced
½ cup uncooked diced ham
2 tablespons fat or salad oil
1 (10½-ounce) can condensed tomato soup
¼ cup water
2 teaspoons sugar

Cook first 4 ingredients in fat 10 to 12 minutes. Add soup, and water, cover; simmer 15 minutes. Add sugar. Makes 1¾ cups.

MUSHROOM SAUCE

2 tablespoons fat
2 tablespoons flour
¼ teaspoon salt
1 cup milk or stock
½ cup sliced cooked mushrooms or 1 cup fresh mushrooms

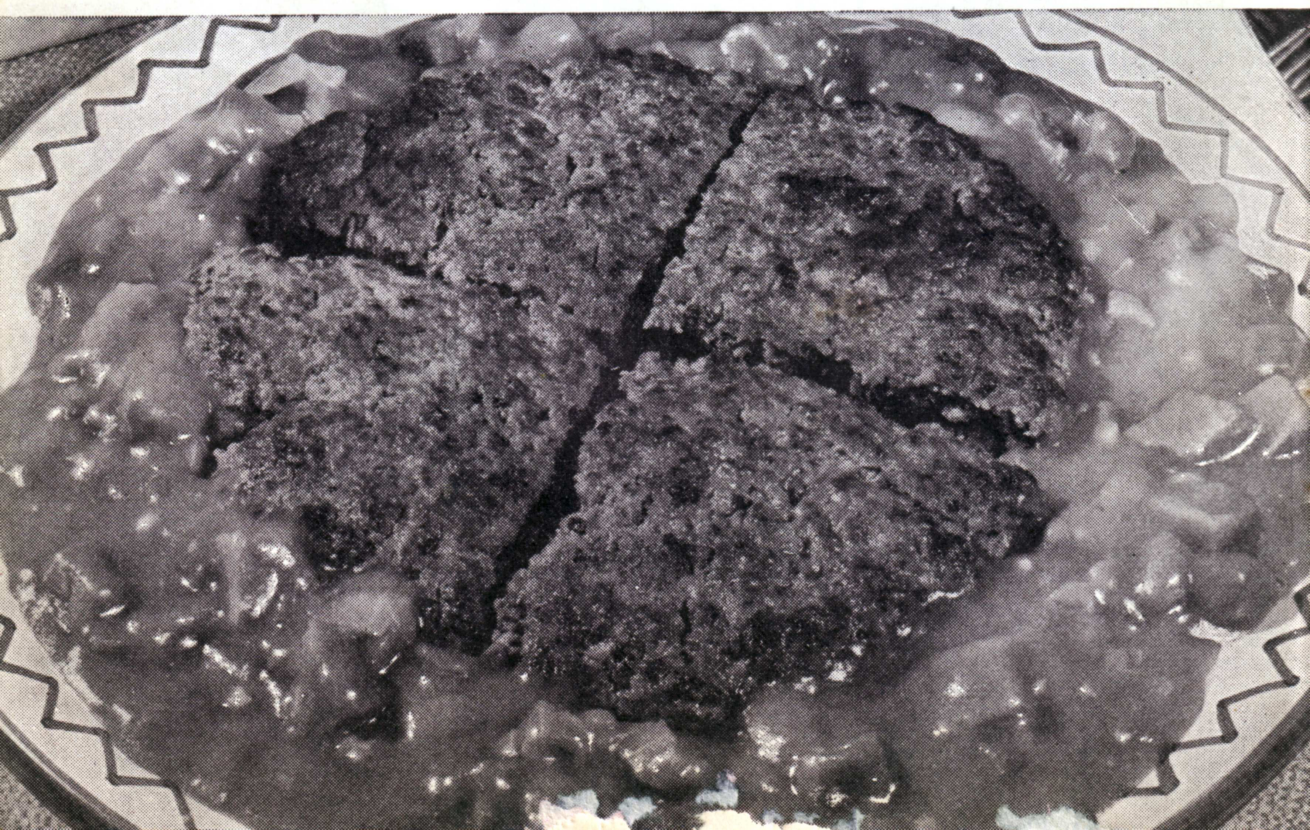
Brown fat, add flour and salt, blend well. Add milk and mushrooms. Cook until thickened. Makes 1½ cups.

BROWN GRAVY

3 tablespoons flour
1½ tablespoons fat
1½ cups water
1 teaspoon salt
1 teaspoon Worcestershire sauce

Brown flour in hot fat, add water and cook until slightly thickened. Add salt and Worcestershire sauce. Makes 1½ cups.

Sauces for meats "spread the meat flavor" — and meat sauces add piquancy to spaghetti and noodle dishes



SPAGHETTI SAUCE

¼ cup diced bacon
1 clove garlic, minced
¾ cup chopped red onion
½ cup chopped green pepper
2 cups cooked tomatoes
1 cup tomato paste
1½ teaspoons sugar
½ teaspoon salt
½ teaspoon marjoram

Brown bacon, garlic and onion; add remaining ingredients; simmer 2 hours. Add water as necessary, stirring occasionally. Serve on hot spaghetti. Makes 3½ cups.

TOMATO SAUCE

2 tablespoons fat
1 onion, sliced
2 tablespoons flour
1½ cups strained cooked tomatoes or 1 cup soup stock and ½ cup tomato purée
⅓ teaspoon salt
⅛ teaspoon pepper

Melt fat, add onion and cook until light yellow; remove onion, blend in flour and brown slightly. Add tomatoes gradually and heat to boiling; stirring constantly. Boil 3 or 4 minutes. Season and serve hot over spaghetti, noodles, fish, meat balls, cutlets or croquettes. Makes 1¼ cups.

STUFFINGS FOR MEAT AND POULTRY

Many kinds of meat may be roasted and served with stuffing. The stuffing may be baked in a separate pan, arranged in alternate layers with the meat, put in a pocket or opening in the meat or rolled inside a large or individual piece of meat, ground or whole. The shoulder of lamb, pork or veal may be boned, spread with stuffing and rolled or stuffing put into opening. Stuffing may also be baked in a ring mold and center filled with creamed meats or poultry.

BREAD STUFFING

4 cups soft bread crumbs or cubes
¼ to ½ cup melted fat
1 teaspoon salt
¼ teaspoon pepper

Combine ingredients and stuff lightly into meat, allowing room for expansion; or use as desired.

APPLE—Use the larger amount of fat in bread stuffing. Add 1 cup chopped sour apples.

CELERY—Add 1 cup minced celery to Onion Stuffing.

CHICKEN—Cook 1 cup diced celery in fat 5 minutes. Mix with seasoned bread. Add ⅛ teaspoon poultry seasoning, ¾ cup chicken stock and cook 5 minutes. Cool; stir in 1 egg, beaten.

CHILI—Add ½ cup chili sauce or tomato catchup and 1 tablespoon minced onion to bread stuffing. Use ¼ cup fat.

MUSHROOM—Add ¾ cup chopped mushrooms to Onion or Celery Stuffing.

ONION—Add 2 tablespoons minced onion.

OYSTER—Add ½ pint oysters, 1 tablespoon chopped onion, 1 tablespoon chopped pimiento, 1 tablespoon chopped green pepper and ½ cup minced celery.

PRUNE—Omit fat; add 2 cups prunes, cooked and chopped and 1 cup diced celery. Moisten with meat stock or hot water.

SAGE—Add 2 teaspoons sage, 2 tablespoons chopped onion and 1 tablespoon chopped parsley.

CORN-MEAL STUFFING

2 cups boiling water
2 cups corn meal
½ tablespoon fat
4 teaspoons baking powder
2 small onions, minced
2 teaspoons salt
½ teaspoon pepper
½ teaspoon thyme
1 tablespoon peanut butter

Pour boiling water over 1 cup of corn meal. Add fat. Sift baking powder with remaining corn meal and combine all ingredients. Blend thoroughly. Makes about 5 cups.

CRACKER STUFFING

1½ cups hot milk
1 tablespoon melted fat
2 cups crumbled crackers
Salt
1 small onion, minced
¼ cup chopped celery
Dash pepper and nutmeg

Combine all ingredients. Makes 3⅓ cups.

Grandmother knew the value of stuffings—which moderns adapt today for meat and poultry extenders

FISH STUFFING

1 cup dry bread crumbs
3 tablespoons fat
1 teaspoon salt
1 teaspoon paprika
3 tablespoons minced onion
1 egg, beaten

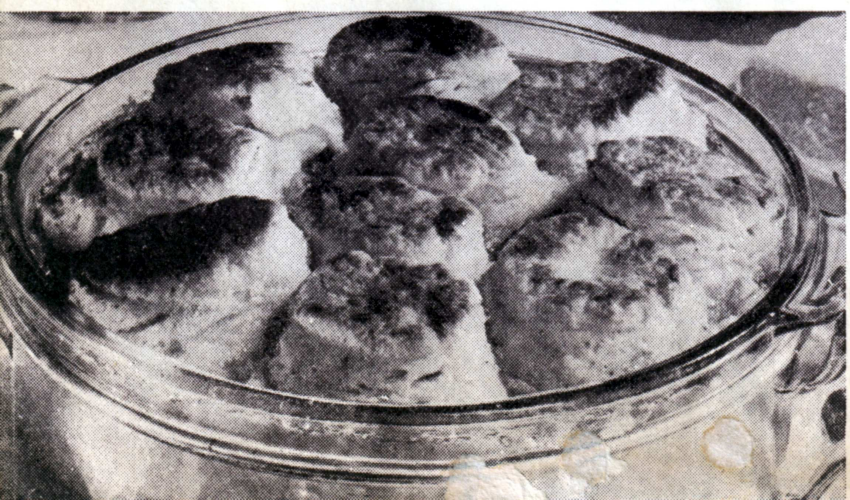
Combine all ingredients. Stuff fish, sew or skewer opening. Bake as directed for Baked Fish. Makes about 1¼ cups.
Add ¼ cup diced sweet pickle.

LIMA BEAN STUFFING

½ cup corn meal
1½ cups water
3 cups bread crumbs
½ teaspoon salt
½ cup chopped onion
¼ cup chopped celery
1 teaspoon sage, if desired
⅛ teaspoon pepper
⅛ teaspoon cayenne
⅓ cup melted fat
1½ cups cooked Lima beans
2 eggs, beaten

Add corn meal to rapidly boiling water; cook until thickened, stirring constantly. Combine remaining ingredients and add to corn meal. If mixture is too stiff add additional water. Use with veal or pork. Makes about 6 cups.

A little meat or chicken in a casserole goes a long way topped with flaky tender biscuits like mother used to make



POTATO STUFFING

2 cups hot mashed potatoes
1 egg, well beaten
1 quart cubed dry bread
1 tablespoon minced parsley
2 tablespoons fat, melted
1 onion, minced
1 teaspoon salt
½ teaspoon poultry seasoning
½ cup diced celery
Dash pepper

Combine potatoes and egg. Soak bread in cold water and squeeze dry. Add potato mixture, stir in remaining ingredients and mix well. Use for stuffing fowl or meat. Makes about 4 cups.

BAKING POWDER BISCUITS

2 cups sifted flour
½ teaspoon salt
3 teaspoons baking powder
¼ cup shortening
¾ cup milk

Sift flour, salt and baking powder together. Cut in shortening with 2 knives or a pastry blender until well mixed; add milk. Mix with a fork. Turn out on floured board. Knead ½ minute. Pat dough into a sheet ½ inch thick. Cut with a floured cutter. Place on baking sheet and bake in very hot oven (450°F.) 10 to 15 minutes. Makes 12 to 15 (2-inch) biscuits.

CHEESE—Add ½ to ¾ cup sharp grated American cheese to dry ingredients. Mix thoroughly and proceed as directed.

BISCUITS

1¾ cups sifted flour
½ teaspoon salt
2 teaspoons baking powder
½ teaspoon sugar
¼ cup melted shortening
½ cup milk

Sift flour, salt, baking powder and sugar together. Add cooled shortening to milk. Pour over sifted dry ingredients and mix to a smooth dough. Roll dough ½ to ¾ inch thick and cut with a small cutter. Bake in hot oven (425°F.) 12 to 15 minutes. Makes 8 to 12 biscuits.

MEAT PIECRUST

3 cups sifted flour
1 teaspoon salt
⅔ cup shortening
⅓ cup milk
1 egg

Sift 2 cups of the flour with salt. Cut in shortening with 2 knives or a pastry blender until mealy. Combine milk and egg, mix with remaining cup of flour. Combine with flour and shortening mixture. Mix until ingredients hold together. Makes 3 (9-inch) crusts.

DUMPLINGS

2 cups sifted flour
1 teaspoon salt
4 teaspoons baking powder
¼ teaspoon pepper
1 egg, well beaten
3 tablespoons melted shortening
⅔ cup milk (about)

Sift dry ingredients together. Add egg, melted shortening and enough milk to make a moist, stiff batter. Drop by teaspoons into boiling liquid. Cover closely; cook 18 minutes. Makes 24 dumplings.